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IMPORTANT INFORMATION REGARDING PROGRAMME LISTINGS

We would like to bring the following changes to your attention:

TV Travel Shop has been added as a Bonus channel, on air between 0900-1700hrs
GMTV2 has been added to the Access Pack, on air between 0600-0930hrs
The Playboy Channel has merged with the **Adult Channel** with extended hours between 2200-0400. Please note that **HVC** has ceased broadcasting
Sky Travel has been removed from the Cable & Wireless line-up

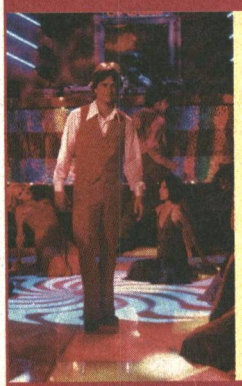
Please note the following amendments to channel transmission times:

Shop! will be on air between 0600-2000hrs
The History Channel has increased its hours of broadcast from 1200-2200hrs

Contents

Brian Viner Pages 2, 3 ***Charmed*** Page 4 ***Bedrock*** Pages 6, 7 **Joan Collins** Page 8 **Moon Landing Anniversary** Page 9 ***British Film Month*** Pages 10, 11 **Catherine Zeta Jones** Page 12 **Nick Moran** Page 13 **British Film Poll** Page 14 ***Lost in Space*** Pages 16, 17 **Sky Box Office** Pages 18, 19 **Sports Diary** Pages 20-24 **Film Planner – A-Z guide to this month's movies** Pages 25-28 **Your Programme Guide – the day-by-day guide to July's Cable TV** Pages 29-214 **Prize Crossword, Love Stars** Page 53 **Power Cable** Page 137 **Sci-Fi Zone** Page 143 **Recipe and Channel Contacts** Page 155 **Loud!** Page 179 **Viewers' Views** Page 216

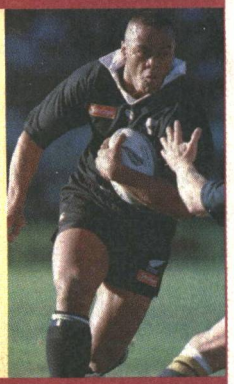
Films



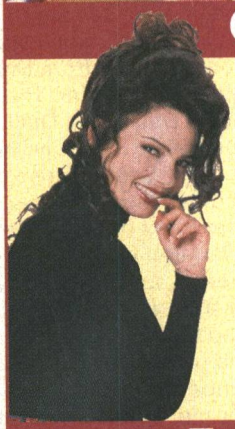
BOOGIE NIGHTS Mark Wahlberg stars on Sky Premier Saturday 31st
STARSHIP TROOPERS: on Sky Premier Saturday 10th
I KNOW WHAT YOU DID LAST SUMMER: on Sky MovieMax Friday 9th

Sport

RUGBY UNION: Tri-nations series, starts Saturday 24th live on Sky Sports 1
CRICKET: England v New Zealand First Test, live, Sky Sports 1 from Thursday 1st
EUROPEAN SWIMMING CHAMPIONSHIPS: live on Eurosport from Thursday 22nd



Comedy

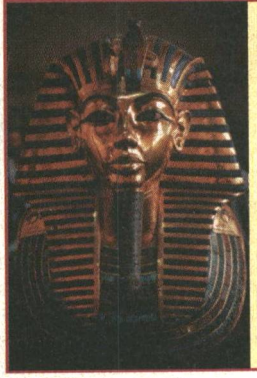


THE NANNY: with Fran Drescher, returns to Sky One, Monday 26th
MINDER: starts on Granada Plus, weekdays from Monday 5th
BRITISH COMICS WEEKEND: UK Arena, Saturday 10th and Sunday 11th

Drama

EARLY EDITION: starring Kyle Chandler, new second series on Sky One, starts Saturday 10th
SO WEIRD: new kids' drama series on Disney Channel, starts Monday 12th
FRAGILE HEART: with Nigel Hawthorne, Carlton Select, from Saturday 10th

Factual



EGYPT: new series on Discovery Channel, starts Tuesday 20th
BASIC INSTINCTS: new series on Sky One, Sunday 4th
TRAUMA CENTER: new emergency room documentary series on Living, starts Monday 5th

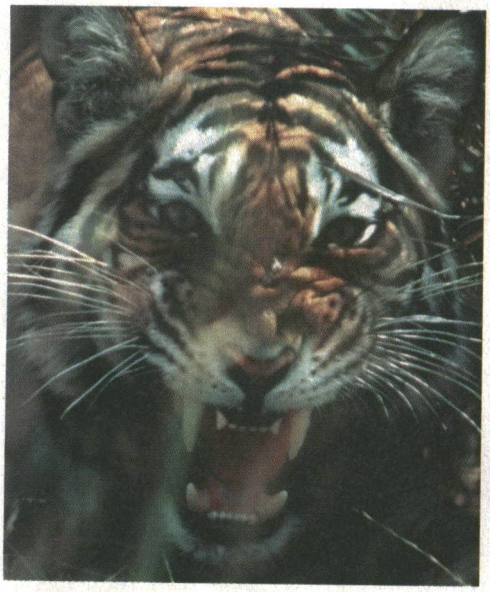
Music

DURAN DURAN DAY: VH1, Thursday 8th
MASSIVE ATTACK NIGHT: a tribute to the Bristol band on MTV, Thursday 8th
MANIC STREET PREACHERS SPECIAL: premieres on MTV, Tuesday 6th

Words: Brian Viner

Pick of the flicks, a Larry Sanders sizzles

NOT many of us have been sprayed with tiger urine. Nick Nichols has had that dubious privilege. The so-called Indiana Jones of photography – who later this year will embark upon a 1,200mile walk across central Africa – was in a hide in India, on behalf of *National Geographic* magazine, when a male tiger walked right up to him, roared in his face and then let rip. On another occasion, Nichols was stalking a tigress called Sita when suddenly he came face to face with her in a bamboo thicket. 'I'd been told by the guides that if a tiger attacked us, we shouldn't run but stick together and make a lot of noise,' Nichols recalls. Understandably, this advice slipped his mind. He turned to leg it but was trampled underfoot, not by Sita but by the elephant drivers. 'And they're supposed to be

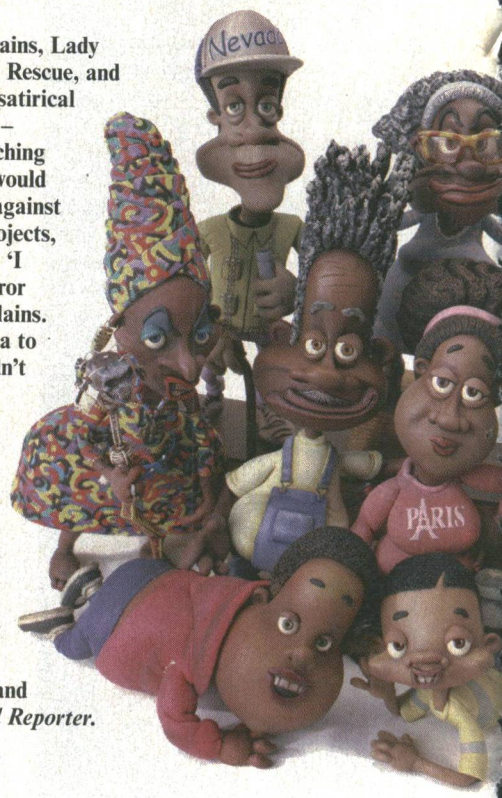


the real brave guys.' As a boy growing up in rural Alabama, Nichols used to read the books of Edgar Rice Burroughs and pretend his back yard was the jungle. As he later found out, it was no substitute for the real thing. In 1980 two Rwandan gorillas, Uncle Bert and Digit, were killed by poachers. Nichols decided then to do as much as he could to promote wildlife conservation, and when he later saw the cover of *Time* magazine – which featured a tiger's face above the word 'Doomed' – he suggested to the editor of *National Geographic* that they too should run a big story on tigers. 'The editor rolled his eyes,' Nichols tells me, 'because I already had a reputation for spending an inordinate amount of time and money on these things.' Moreover, tigers are notoriously difficult to find. On the other hand, they are, asserts Nichols, 'arguably the most incredible creatures out there.' He got the go-ahead and in 1995 made the first of five epic trips to India. The rest is natural history.

Tiger's Eye, National Geographic, Tuesday 20th, 10.00pm (part of Tiger Week, starting Monday 19th)

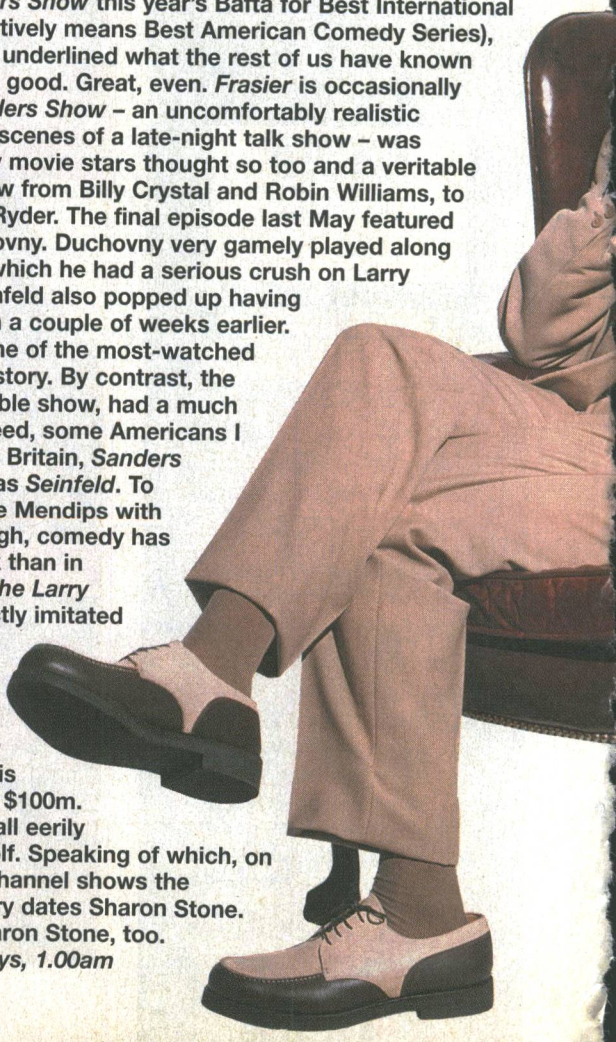
INTRODUCE Eddie Murphy to Virgil, Brains, Lady Penelope and everyone else at International Rescue, and what do you get? The answer is *The PJs*, a satirical new animation – or foamation as it's called – series devised by Murphy himself after watching an episode of *Thunderbirds*. He thought it would be fun to place *Thunderbirds*-type puppets against a realistic backdrop, in this case housing projects, the American equivalent of a council estate. 'I wanted to do a show that would kind of mirror society while keeping it funny,' Murphy explains. While filming *Dr Dolittle* he pitched the idea to executive producer Steve Tompkins. 'I couldn't believe that we were in a meeting with Eddie Murphy and he was pitching to us,' recalls Tompkins. In *The PJs* (which is a slang term for 'the projects'), Murphy supplies the voice for Thurgood 'Goody' Stubbs, the irascible superintendent of the Hilton-Jacobs projects. Stubbs and all his fellow characters are made from a combination of foam and latex, hence the term 'foamation' has been coined. And the verdict of the American press has been overwhelmingly positive. 'Fresh, witty and generally engaging,' declared the *Hollywood Reporter*.

Sky One, Sundays from 4th July, 7.00pm



BY GIVING *The Larry Sanders Show* this year's Bafta for Best International Comedy Series (which effectively means Best American Comedy Series), the British Academy merely underlined what the rest of us have known for some time. *Seinfeld* was good. Great, even. *Frasier* is occasionally sublime. But *The Larry Sanders Show* – an uncomfortably realistic evocation of life behind the scenes of a late-night talk show – was incomparably brilliant. Many movie stars thought so too and a veritable galaxy appeared on the show from Billy Crystal and Robin Williams, to Bridget Fonda and Winona Ryder. The final episode last May featured Jim Carrey and David Duchovny. Duchovny very gamely played along with an earlier storyline, in which he had a serious crush on Larry (Garry Shandling). Jerry Seinfeld also popped up having starred in a finale of his own a couple of weeks earlier. The farewell *Seinfeld* was one of the most-watched programmes in television history. By contrast, the finale of *Larry Sanders*, a cable show, had a much more modest audience. Indeed, some Americans I know are astonished that, in Britain, *Sanders* remains at least as popular as *Seinfeld*. To them, it is like comparing the Mendips with the Himalayas. For me, though, comedy has rarely reached a higher peak than in certain choice episodes of *The Larry Sanders Show*. Art so perfectly imitated life and, funnily enough, the compliment is now being returned, for in a bitter legal wrangle, Shandling has accused his former manager Brad Grey of mismanaging his career. He has sued Grey for $100m. Grey has counter-sued. It is all eerily reminiscent of the series itself. Speaking of which, on 8 July Paramount Comedy Channel shows the classic episode in which Larry dates Sharon Stone. Confusingly, Garry dated Sharon Stone, too.

Paramount Comedy, weekdays, 1.00am

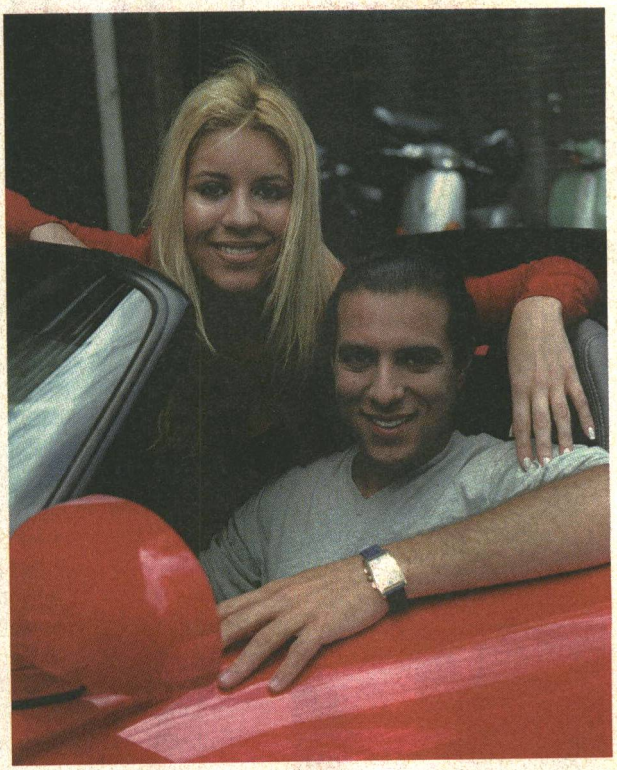


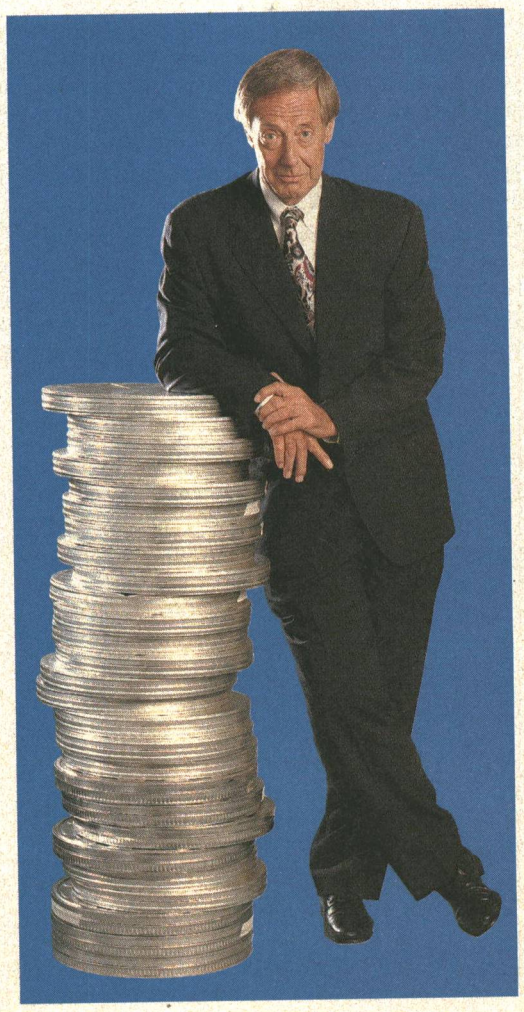
PHOTOS: FOX, BSKYB, KOBAL, GREG LAVY/OUTLINE/KATZ, POLYGRAM PICTORIAL PRESS, NATIONAL GEOGRAPHIC

lorryload of latex and – July's cable viewing

BEVERLY BLOOM first became hooked on expensive shops while at school just off London's Sloane Street. More House was the kind of school where physical education meant jumping queues at Harvey Nichols, yet ironically it was named after the saintly Sir Thomas More, who might have had a thing or two to say about spending upwards of £7,000 on a frock, as 24-year-old Beverly recently did. She features in *A Bit of Posh*, a four-part documentary series about rich kids, and tells me that she's not sure how many dresses she owns. 'About three cupboards' worth,' she says. No, she never wears jeans and an old sweatshirt. Actually, says Beverly – who writes a column in the *Daily Mail* about her extravagant lifestyle – her 25-year-old brother Baron (right, with Beverly) is a bigger spender than she is. Cars are his thing, and he drives a Lamborghini Diabolo. What does Beverly drive? Not an Austin Allegro, presumably? 'It's funny,' she says. 'I was so desperate to pass my driving test, which I did when I was 17 years old, yet I haven't driven since. But my father lets me have the driver if he doesn't want him.' Beverly still lives with her parents, in opulent Mayfair. She is unattached right now. Does she know why? 'I think I'm too fussy. Although I would be willing to give up the looks thing if I could find a good, kind, honest person.' And so to the 64p question: what happens if she has the appalling bad luck to fall for a man without a trust fund? 'If he was the man of my dreams it wouldn't matter,' she says, almost convincingly.

Sky One, from Tuesday 20th, 10.00pm





THE KIND of secrecy that normally surrounds nuclear testing is currently shrouding the results of Sky's Millennium Movies poll to find Britain's 100 most popular films. They will be unveiled on 11 July, in a programme hosted by Barry Norman and Richard Attenborough. In the meantime, after some serious espionage, I can reveal that over 75,000 people have voted, each picking their favourite three movies. More than 4,000 different films have been suggested and pretty high on the list are *The Full Monty*, *Titanic*, and *Lock, Stock and Two Smoking Barrels*. All have received hundreds of votes, probably from the same people who took part in the BBC poll three years ago to find Britain's favourite BBC sitcom, rather disgracefully skewing the result in favour of *Men Behaving Badly* over the likes of *Hancock's Half-Hour*, *Fawlty Towers*, *Dad's Army* and *Porridge*. Of course, people have voted for their favourite films, and not necessarily the best films ever made, so there is bound to be subjectivity involved. And I can reveal that, depressing as it is to find that *Dirty Dancing* has received tons of votes, so have such classics as *Casablanca*, *It's a Wonderful Life* and *Brief Encounter*. If anyone is interested, my own top three films of all time are *The Godfather Part II*, *Some Like It Hot* and *The Graduate*. With *Cinema Paradiso* and *Modern Times* on the subs' bench.

The Millennium Movies Show, Sky Premier, Sunday 11th, 9.00pm

The witch is back

PHOTOS: LIVING

After a bitter departure from *Beverly Hills, 90210* six years ago, Hollywood wild child Shannen Doherty has grown up. Now, thanks to her old boss Aaron Spelling, her career is back on track

NEW SERIES

LIVING

CHARMED
MONDAYS FROM 12TH
8.00PM

FOR many people who have worked with Shannen Doherty in the past, it may not come as a surprise to find out she's playing a witch in her new TV series. The last time we saw Hollywood's bad girl regularly on our TV screens was as fiesty Brenda Walsh in *Beverly Hills, 90210*.

After leaving the show in 1994 following 'creative differences' with producer Aaron Spelling, Doherty's career seemed to be on a downward spiral. A succession of small film and TV projects failed to make an impact, and damaging headlines about her bad behaviour didn't help. Court appearances, law suits and a short marriage to Ashley Hamilton (son of George) were part of the story. Reports about her behaviour led to the formation of an 'I Hate Brenda' fan club and Doherty's career seemed to be doomed.

But, as Brenda might have said, 'That's so five minutes ago.' Now she is returning in *Charmed*, a new series produced by her old *Beverly Hills* boss Aaron Spelling.

Charmed is a spooky series about three feuding sisters who reunite in their grandmother's home and discover a book that reveals they possess magical powers. The series is huge in the States, capitalising on the success of other supernatural offerings like *The X-Files* and *Buffy the Vampire Slayer*.

Doherty, now 28, plays Prue Halliwell, the eldest sister. Holly Marie Combs (*Picket Fences*) stars as Piper, the middle sister, and Alyssa Milano (*Melrose Place*) is Phoebe, the youngest. Prue can move objects, Piper can freeze time and Phoebe can see the future. To make things difficult, evil entities are on their tail and the girls can't tell anyone about their secret powers.

The success of the series in the US has put Doherty's career back on track. But many in Hollywood were surprised to see her work again, let alone with Aaron Spelling.

'I'm not surprised at all,' she told *US Magazine* recently. 'Because things were just never that bad. To everybody else, I'm sure it seems shocking, but it doesn't seem like any big deal to me.' Spelling agrees, telling reporters that stories about Shannen Doherty were grossly exaggerated.

The two have kissed and made up so much there is even talk that Doherty may guest star in *Beverly Hills, 90210*. And she is also set to star in Spelling's TV remake of the kitsch 1973 thriller *Satan's School for Girls*.

For now, though, Shannen Doherty's working life is absolute magic.

WATCH OUT!

● For those of you unable to travel Cornwall's way for the premier view of August's eclipse – fear not! Discovery Channel are set to bring you full coverage of the event on 10 and 11 August with Tim Grundy and Mary Nightingale as your hosts. So set your clocks – the eclipse is expected to hit Alderney at 11.15am on Wednesday 11 August.

● September's line-up on Sky Sports boasts coverage of a multitude of events including the 33rd Ryder Cup, the new British Ice Hockey Season and British Open Snooker.

● What would happen if you threw together four single men and four single women, all complete strangers to one another, in a Mediterranean villa? Is this the answer to all those dating dilemmas? Find out how cupid fares in ***The Villa*** on Sky One in September.

● Fans of Michael Palin (right) are in for a treat in September. UK Horizons are planning a weekend featuring Michael's globe trotting escapades from around the world, including ***Full Circle***, the series in which he travelled the Pacific.

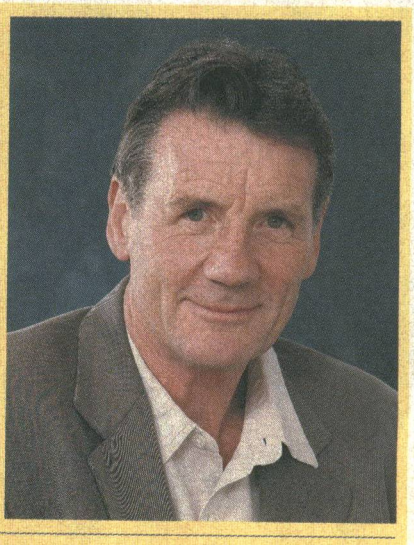
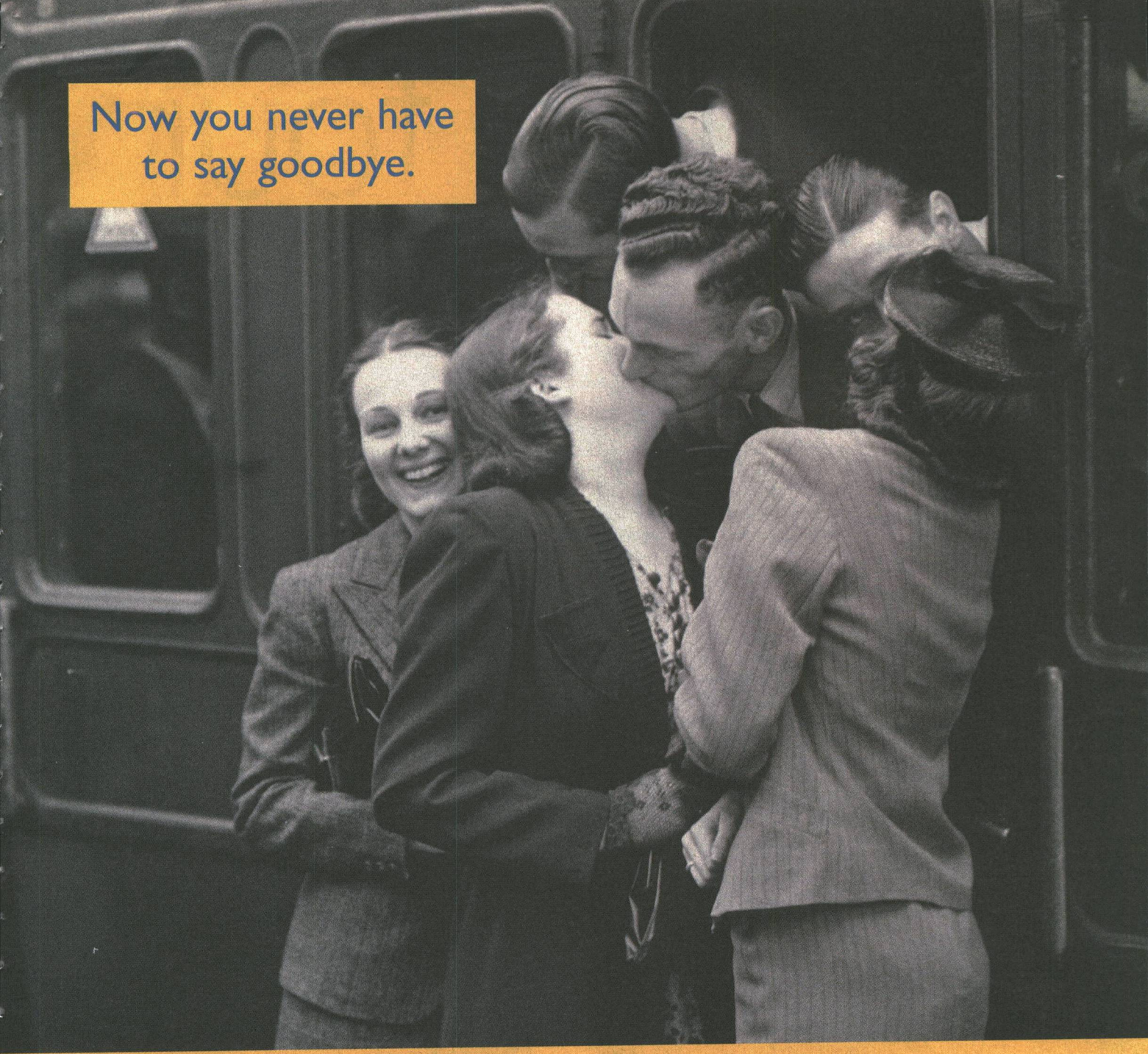


PHOTO: JUSTINE BOHAN

A sneak preview of what's coming to cable



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The fab four

Meet *Bedrock*'s fun-loving foursome: Heather, Rachel, Malcolm and Neil, the presenters of ITV2's live magazine show. **Jane Oddy** catches up with the team. Photos: **Justine Bohan**

TAKE four shooting stars, put them together in a groovy, two-roomed studio flat with a mixture of music, fashion and celebrity interviews and you've got the recipe for *Bedrock*, ITV2's magazine show. Like a live version of a hip teen magazine, *Bedrock*'s success is dependent on its four young presenters, who were picked for a combination of good looks, talent and individuality. All very different, each offers something unique to the format which cleverly weaves together film reviews, wacky dating games with real people, what's new on the Internet and light-hearted chat on topical goings on in the world. Script editor Jamie Glazebrook explains: 'We auditioned literally hundreds of people and we wanted four extroverts who would complement each other, have a real spark and their own opinions. It gives viewers a sense that they're joining people they know each night.'

Actress turned presenter Rachel Brady, a gorgeous 23-year-old blonde from Dublin, is the baby of the show who flirts outrageously with the celebrity guests. She describes herself as 'the chick' in *I Went Down* (the Irish equivalent of *Trainspotting*), and when top Irish pop combo Westlife appeared on *Bedrock*, they knew more about her than she did about them. 'I didn't know one, single person in London when I first arrived! I didn't even know how to work the Tube. But now I love it – it's like a huge Dublin and I have to keep pinching myself because *Bedrock* is my dream job. Live television is such an adrenalin rush.'

Playing it for laughs is Neil Cole, 27, *Bedrock*'s resident clown and one half of comedy duo *Hitchcock's Half Hour* who recently supported comedy god Harry Hill. 'He is an idol of mine,' says Neil. 'Things have happened quite quickly for us and we sold out for half our run at the Edinburgh Festival last year, which is where I was spotted by the series producer of *Bedrock*. I'm still doing the comedy circuit even though I'm in *Bedrock*. I'm working seven nights a week but I'm not complaining. The momentum's good – it's working well on both fronts.'

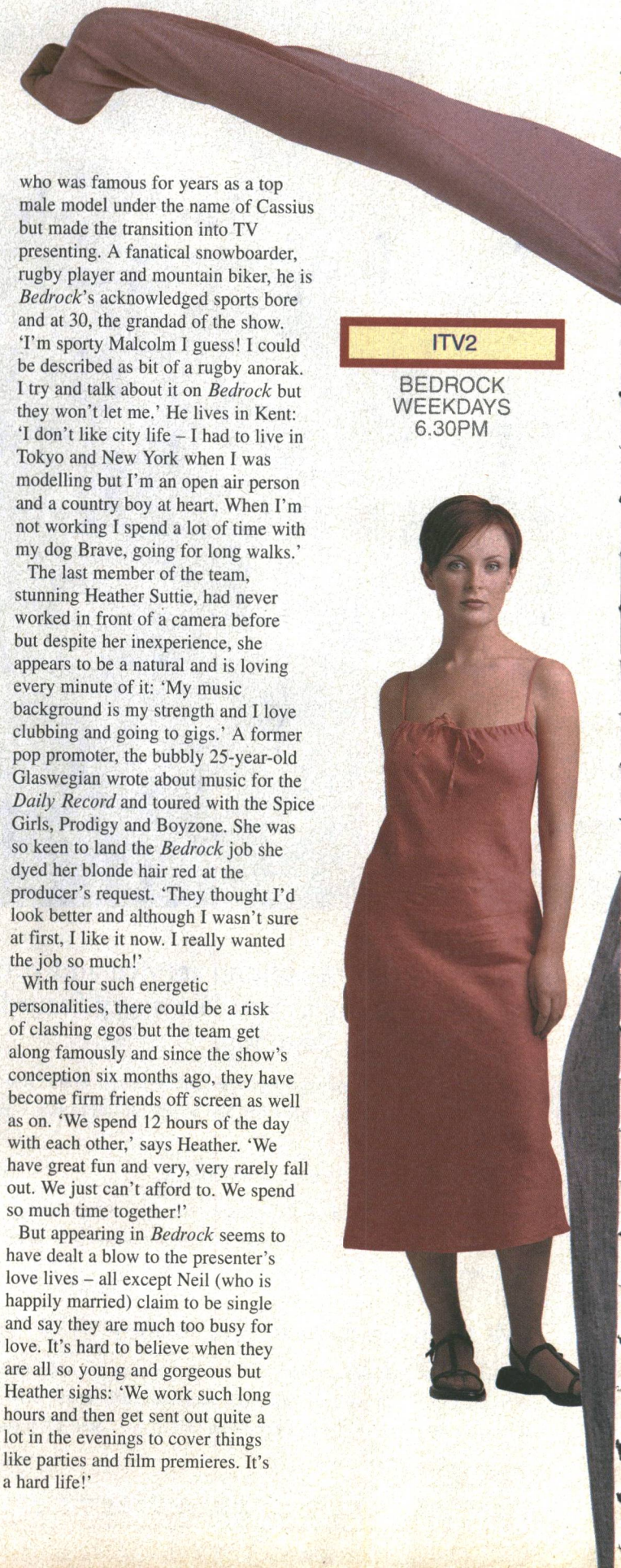
'Bedrock' buddies: (l-r) Heather Suttie, Malcolm Jeffries, Neil Cole and Rachel Brady

Giving the girls something to tune in for is Malcolm Jeffries, who was famous for years as a top male model under the name of Cassius but made the transition into TV presenting. A fanatical snowboarder, rugby player and mountain biker, he is *Bedrock*'s acknowledged sports bore and at 30, the grandad of the show. 'I'm sporty Malcolm I guess! I could be described as bit of a rugby anorak. I try and talk about it on *Bedrock* but they won't let me.' He lives in Kent: 'I don't like city life – I had to live in Tokyo and New York when I was modelling but I'm an open air person and a country boy at heart. When I'm not working I spend a lot of time with my dog Brave, going for long walks.'

The last member of the team, stunning Heather Suttie, had never worked in front of a camera before but despite her inexperience, she appears to be a natural and is loving every minute of it: 'My music background is my strength and I love clubbing and going to gigs.' A former pop promoter, the bubbly 25-year-old Glaswegian wrote about music for the *Daily Record* and toured with the Spice Girls, Prodigy and Boyzone. She was so keen to land the *Bedrock* job she dyed her blonde hair red at the producer's request. 'They thought I'd look better and although I wasn't sure at first, I like it now. I really wanted the job so much!'

With four such energetic personalities, there could be a risk of clashing egos but the team get along famously and since the show's conception six months ago, they have become firm friends off screen as well as on. 'We spend 12 hours of the day with each other,' says Heather. 'We have great fun and very, very rarely fall out. We just can't afford to. We spend so much time together!'

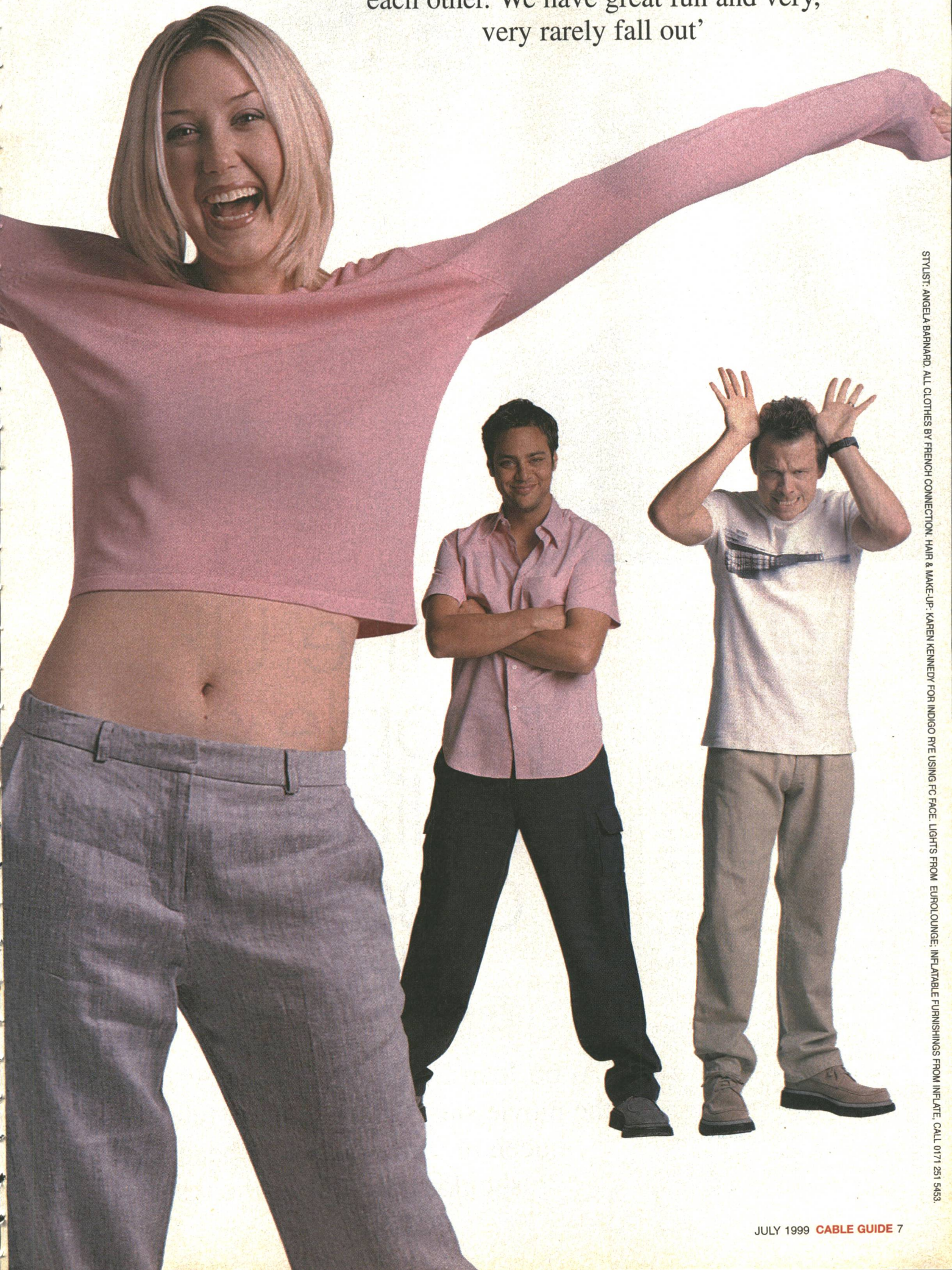
But appearing in *Bedrock* seems to have dealt a blow to the presenter's love lives – all except Neil (who is happily married) claim to be single and say they are much too busy for love. It's hard to believe when they are all so young and gorgeous but Heather sighs: 'We work such long hours and then get sent out quite a lot in the evenings to cover things like parties and film premieres. It's a hard life!'



ITV2

BEDROCK
WEEKDAYS
6.30PM

'We spend 12 hours of the day with each other. We have great fun and very, very rarely fall out'



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'In the UK people are inclined to dress like slobs'

At 66 Joan Collins still looks every inch the movie star. **Hilary Bonner** talks to the queen of soap who's still head and shoulderpads above the rest

JOAN COLLINS is one of the last of the truly great stars. And she certainly is not the sort to be found slouching around in a shell suit telling the world that she is just an ordinary person.

She doesn't have an ordinary bone in her body and she knows it. She has been a star for half a century and plans to remain one. She looks like one too, the gloriously old fashioned sort who is immaculately made up and coiffured, stylishly dressed and usually dripping with diamonds.

She is sniffily dismissive of the shell suit age. 'One step up from wearing swaddling clothes,' she says. 'In the UK people are inclined to dress like slobs. And if people look like slobs it means they are.'

Her recipe for lasting success is simple. 'I believe in the basic work ethic,' she says. 'You have to enjoy what you do and keep doing it.'

She is of course a woman of many talents: an actress on stage, film and television, novelist, and author of several non-fiction books. But of talent she says almost dismissively: 'However much natural talent you have, you must work at it. If you don't use it, then you lose it.'

Joan, 66 but looking about 50, is a woman of legendary strength. Her latest book, *My Friends' Secrets*, is a collection of interviews with her girlfriends – a party giver's dream list – including Joanna Lumley, Shirley Bassey, Twiggy, Shakira Caine, Ali MacGraw and Ivana Trump. Joan's favourite contribution is perhaps a predictable one.

PHOTOS: STEPHANIE GERBIER/SYGMA, UK GOLD

UK GOLD

DYNASTY
WEEKDAYS 5.00PM

'Diahann Carroll talks about her battle with breast cancer, and she told me that she reckons a woman is like a tea bag. You never know how strong she is until she gets in hot water. I think that is just wonderful.'

Joan has experienced her share of hot water. Even her childhood was a difficult one. She remembers being very afraid of her father, the powerful showbusiness agent Joe Collins.

'He was a dominating man,' she says. Her personal life has been colourful to say the least. She has had numerous lovers and four husbands. Number one, actor Maxwell Reed, tried to convince her to sleep with an Arab sheikh for £10,000 as long as he could watch. Number two, Tony Newley, was consistently unfaithful throughout their marriage. Number three, film producer Ron Cass, became a drug addict. And number four, Peter Holm, was a young gold digger whom Joan now refers to simply and contemptuously as 'The Swede'.

But, despite this, Joan has always shone through and seems to have found happiness at last with antiques dealer Robin Hurlstone, 25 years her junior.

In her professional life she survived a long period in the doldrums to make *The Stud* in 1978 and shortly afterwards joined the cast of *Dynasty*, currently being shown on UK Gold. Her character Alexis became the woman half the world loved to hate and the show was a huge hit running for an incredible nine years.

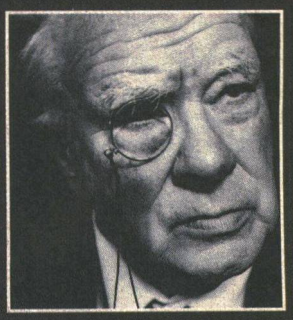
'Alexis does what every woman secretly wants to do and she refuses to let anyone stand in her way,' says Joan. 'She digs her stilettos firmly into the ground and believes in herself totally. If she wants something then she'll damn well go out and get it.'

Joan is proud of *Dynasty*. 'Although at first I thought I was on a six month gig, it was ultimately no surprise to me that it lasted so long because it was just so good: the casting was brilliant, the characters were wonderful and the storylines were so strong.

'I've been watching it again on UK Gold and I think the only thing that doesn't quite hold up are the costumes.

'There was a little bit too much excess in the dress department. Rather too many sequins. Other than that, though, I remain impressed by its quality.'

But Joan does not live on past glories. She has just finished making the film *Clandestine Marriage* with Nigel Hawthorne, and is about to start work on the new *Flintstone* movie. Like she says, Joan Collins believes in the work ethic.



Man's first step on the moon was a dream come true. As UK Horizons broadcasts the event again, as live, renowned astronomer **Patrick Moore** recalls his memories of the Apollo 11 mission

Moonstruck

JULY 1969 ... 30 years ago. Yet in some ways it seems only yesterday. People are always asked where they were when President Kennedy was shot; people have asked me where I was when the first man landed on the moon. I can tell them at once. I was in studio seven, BBC Television Centre, doing a live commentary. I was actually 'on the air' when the landing took place.

Around that time I was wearing two hats – one as an astronomer, and the other as a TV commentator. The moon has always been my own subject (in 1959, when the Russians sent their unmanned probe Luna 3 round the moon and took images of the far side, they used my charts of the moon's 'edge') and moreover I knew both Neil Armstrong and Buzz Aldrin. Remember, all this was very new. We were pretty sure that the moon's surface was firm enough for a landing – but nobody had actually done it, and vague, nagging doubts were bound to remain. The great weakness of the Apollo programme was that there was no provision for rescue. If the landing had been faulty, there was no way back – and nothing could have been more ghastly. Remember also that there could be no second chance.

In the studio we all waited, making what brief comments seemed appropriate. Then, at last, came the words we all wanted to hear. Neil's voice came through: 'The Eagle has landed.' My feeling at that moment? Overwhelming relief. I am not quite sure what I said, but millions heard me, so I hope that I said the right thing.

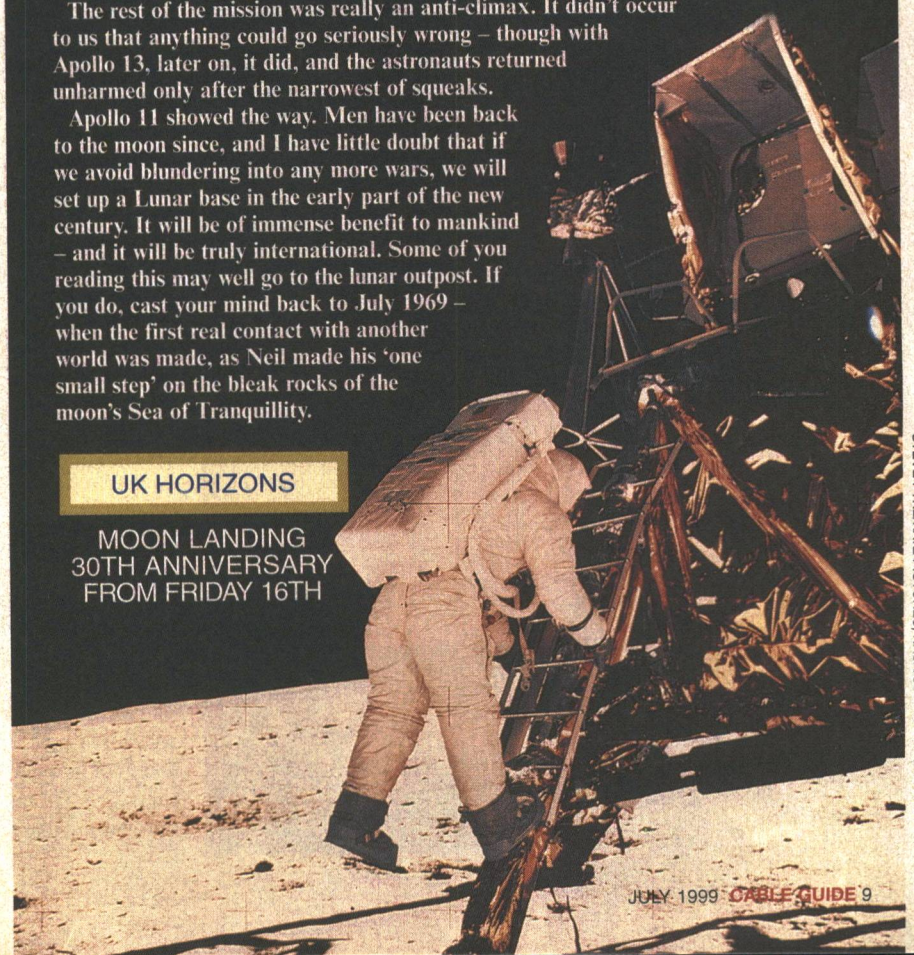
We followed them through another crisis point when they had re-entered the Eagle and were ready to blast back into orbit. The module had only one engine; that engine had to work, properly, first time. It did. And once again we knew that they were back in orbit, the moon behind them.

The rest of the mission was really an anti-climax. It didn't occur to us that anything could go seriously wrong – though with Apollo 13, later on, it did, and the astronauts returned unharmed only after the narrowest of squeaks.

Apollo 11 showed the way. Men have been back to the moon since, and I have little doubt that if we avoid blundering into any more wars, we will set up a Lunar base in the early part of the new century. It will be of immense benefit to mankind – and it will be truly international. Some of you reading this may well go to the lunar outpost. If you do, cast your mind back to July 1969 – when the first real contact with another world was made, as Neil made his 'one small step' on the bleak rocks of the moon's Sea of Tranquillity.

UK HORIZONS

MOON LANDING
30TH ANNIVERSARY
FROM FRIDAY 16TH



STEVE PYKE/KATZ PICTURES, NASA/SCIENCE PHOTO LIBRARY

After years playing second fiddle to Hollywood, British film is finally making its mark. As FilmFour showcases the best of British film stock this month, **Garth Pearce** looks at the Brits who've made it big

The Brit Parade

British Movie Month on FilmFour

(see listings for times):

1st *Angel*
2nd *The Crying Game*
3rd *Local Hero, The Mission, Nuns on the Run*
4th *Dance with a Stranger, Sid and Nancy*
5th *Brassed Off*
6th *Hear My Song, Wish You Were Here*
8th *Bhaji on the Beach*
9th *Fever Pitch*
10th *Mary Shelley's Frankenstein*
11th *Beautiful Thing, Four Weddings and a Funeral, Backbeat*
12th *Blue Juice*
13th *Prick up Your Ears*
14th *Local Hero*
15th *Carla's Song*
16th *A Life Less Ordinary*
17th *The Long Good Friday, Mona Lisa*
19th *The Mission, Dance with a Stranger*
20th *Another Country*
21st *Peter's Friends*
22nd *A Private Function*
23rd *Secrets & Lies*
26th *A Further Gesture*
27th *The Missionary*
28th *The Winter Guest*
29th *My Beautiful Laundrette, Sammy and Rosie Get Laid*
30th *Hear My Song*
31st *P'Tang, Yang, Kipperbang*

WATCHING FilmFour's Made in Britain season will be like looking at old family photos. Some show us at our best. Some less so. But most bring back warm memories, even if they're faded at the edges.

There are also films that will be a reminder of how far some of our stars have moved on since small beginnings. James Bond star Pierce Brosnan is a prime example. On his credited debut, exactly 20 years ago as an IRA man sent to take care of Bob Hoskins in *The Long Good Friday,* he did not even get to speak.

Yet he has just been paid around $5million for his third performance as 007 in *The World Is Not Enough* and next month is releasing his own $50million film, a classy remake of *The Thomas Crown Affair*, as producer and star.

Daniel Day-Lewis was paid just a few thousand pounds to star in *My Beautiful Laundrette*, the 1985 film that established his credentials as an actor of brilliance. He has since won an Oscar and can virtually name his price.

Gary Oldman is seen making his film debut in the 1986 film *Sid and Nancy* (with Chloe Webb – and whatever happened to her?), about the life of Sex Pistol Sid Vicious. Oldman is now one of our most versatile performers, whether in films like last year's crowd-pleasing blockbuster *Lost in Space* or as the director of the gritty drama *Nil by Mouth.*

Films once hailed as master-pieces, like *Local Hero* in 1983, get a showing.

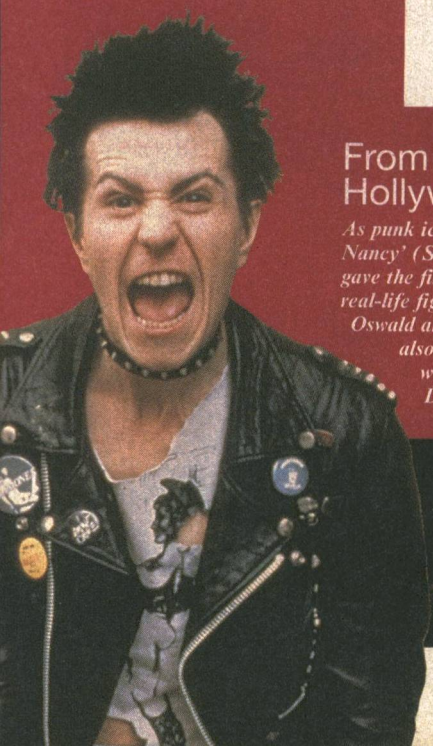
The directing skill of Bill Forsythe was greeted with rave reviews, because he actually tried to entertain. Too many British movies of that time were so dreary or desperate to deliver social issues, they forgot the audience. But does the charming Scottish comedy actually hold up today?

Four Weddings and a Funeral, in 1994, changed much about Hollywood's perception of Britain and its potential. And this time, we were prepared, with an industry that was ready to thrive and a set of exciting young stars to match.

Colin Welland's declaration at the 1981 Oscars that 'The British are coming' after his win for the screenplay of *Chariots of Fire*, was like an infantryman waving his sword at a tank. In truth, we were not going anywhere at the time. The odd nugget, maybe, but nothing like today.

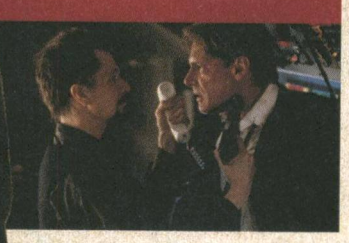
There are other sobering reminders of how predictions can be wrong. Emily Lloyd looked set to be our biggest star in years when, as a 16-year-old, she delivered such an assured performance in *Wish You Were Here*. Twelve years and several failed projects later, the wait goes on.

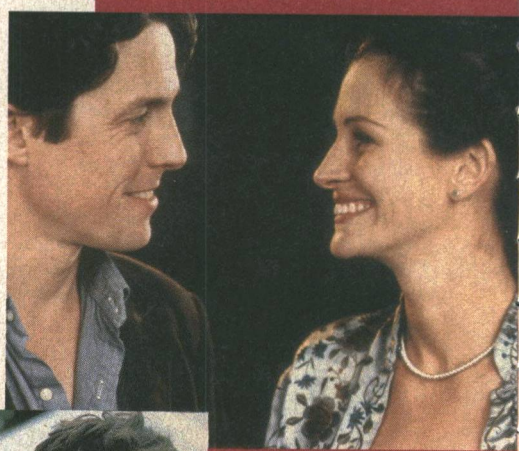
The ambitious and much-trumpeted *The Mission*, released in 1986 with the already established star Robert De Niro, and Jeremy Irons, should be noted for another reason. Although it looks magnificent, the lavish story set in 18th century South America is curiously unengaging and its disappointment at the box office virtually ruined the now



From stroppy punk to Hollywood heavy

As punk icon Sid Vicious in 'Sid and Nancy' (Sunday 4th), Gary Oldman gave the first in a series of portrayals of real-life figures (Joe Orton, Lee Harvey Oswald and Beethoven followed). He has also cornered the market in villains with films such as 'Bram Stoker's Dracula' and 'Air Force One'





From bumbling romantic lead to ... bumbling romantic lead

The shy, affable hero of 'Four Weddings and a Funeral' (Sunday 11th), Hugh Grant is back in this summer's hit 'Notting Hill', which was also written by Richard Curtis

Hollywood's sex symbol

Catherine Zeta Jones has graduated from Brit flick 'Blue Juice' (Monday 12th) to this summer's blockbuster 'Entrapment' (see our interview on page 12)

defunct British film company, Goldcrest.

While some FilmFour offerings may be more fondly remembered than others, there can be no doubt about the long-term impact of our actors.

The superb Miranda Richardson can be seen in action in both *The Crying Game* and *Dance with a Stranger*. Robbie Coltrane is in the comedy *Nuns on the Run* and the other Bob Hoskins-led film, *Mona Lisa*. Pete Postlethwaite, always worth watching, is in *Brassed Off*. Colin Firth proves there is more to him than Mr Darcy as he stars in *Fever Pitch*.

Robert Carlyle, now playing the villain in the new Bond film and known worldwide thanks to other great and recent Brit films like *The Full Monty* and *Trainspotting*, gets his showing in *Carla's Song*.

Kenneth Branagh, whose efforts helped kick-start the current renaissance of British cinema, observes: 'We have always said that Britain has the best technicians and film crews, but we are now at last recognising that we have some of the best directors and acting talent, too.

'There is no denying that we have made a most diverse collection of films. We are also getting to the stage of being able to deliver regular commercial success.'

Branagh, 38, currently editing his musical adaptation of William Shakespeare's *Love's Labour's Lost*, in which he starred and directed at Shepperton, is seen in action in *Peter's Friends* and *Mary Shelley's Frankenstein*.

He directed both films: '*Peter's Friends* was a tiny budget, working with people I knew well, with no real financial pressures,' he says. *Frankenstein* was a $50million studio film, with Robert De Niro. The studio never let go for a second.

'It taught me a lesson in that I never want to take on such a huge project again. I like doing things in my own way, with a cast working like a theatre repertory company. On the whole, that is probably the British way and what we really excel at.'

Branagh's Oscar-winning ex-wife, Emma Thompson, can also be seen in the season, in *The Winter Guest*, directed by another quality British actor, Alan Rickman. There are also little-known films, *A Further Gesture* and *Angel*, both starring the low-key but talented Irish actor Stephen Rea; they will probably get a bigger audience on TV than they did at the cinema.

If evidence was needed that Britain has taken giant strides in movies from the mid-1990s, just look around. Four of the world's eight summer blockbusters this year were made here. Several of the stars can be seen on FilmFour while on their way up. *Star Wars: Episode 1 – The Phantom Menace*, opening on 14 July, has Ewan McGregor, who stars alongside Postlethwaite in the 1996 film *Brassed Off*.

Catherine Zeta Jones, starring opposite Sean Connery in the big-budget and successful *Entrapment*, released on 2 July, is in the 1995 film *Blue Juice*, which also had a performance by McGregor. Its box office failure led her to relaunch her career in Hollywood. The irony is that she had to return to Pinewood Studios to make *Entrapment*.

Notting Hill, a box office smash, was created by the winning team of Hugh Grant and *Four Weddings* writer Richard Curtis. That was made in Shepperton, Middlesex, as was *The Mummy*, the biggest opener this year in America, grossing $44 million in one weekend. It opened here on 25 June with British stars Rachel Weisz and John Hannah, alongside American Brendan Fraser.

But one of the most reassuring results of such a strong British film industry is that actors who should have received recognition years ago are finally being appreciated for their skills in Hollywood. Brenda Blethyn won Oscar nominations for her performances in *Secrets & Lies*, which we can see here, and *Little Voice*. And the peerless Dame Judi Dench won a Best Supporting Actress Oscar for her role as Elizabeth I in *Shakespeare in Love*.

She seemed surprised that such an award had been given for just eight minutes on screen. What she did not say was that those eight minutes took more than 40 years of experience to deliver. It is just what the depth and strength of British movies are all about.

You can also read about this month's great films on the *Cable Guide* website at **www.cableguide.co.uk**

His star's in a different galaxy

Since impressing in Brit films 'Trainspotting' and 'Brassed Off' (Monday 5th), Ewan McGregor is now on Hollywood's A list with a part in the 'Star Wars' prequel 'The Phantom Menace'

PHOTOS: MOVIESTORE COLLECTION, 20TH CENTURY FOX, POLYGRAM/PICTORIAL PRESS.

PHOTO: MICHAEL O'NEILL/OUTLINE/KATZ

Catherine the great

Catherine Zeta Jones has hit the Hollywood big time with her role in the thriller *Entrapment*. **Ivan Waterman** reports on the blossoming of the darling bud

THE DARLING BUDS OF MAY, GRANADA PLUS, SATURDAYS 3.00PM, 8.00PM

BLUE JUICE, FILMFOUR, MONDAY 12TH, 10.00PM

WITH her saucer-sized brown eyes, jet black hair and olive skin, Catherine Zeta Jones still gets mistaken for a girl who hails from South of the Border down Mexico way.

But with a beaming smile and the broadest of Welsh accents, the beautiful Swansea-born actress says: 'The trouble is that when I tell people I am from Swansea or thereabouts they haven't got a clue what I am on about.

'I'm definitely having to re-educate them. To think, at one time I had nothing but trouble getting away from that dreaded English Rose image! I think you can safely say that has changed.'

Indeed. She emerged as the genuine Hollywood article in the swashbuckling adventure *The Mask of Zorro* and memories of Mariette Larkin from the TV series *The Darling Buds of May* all but faded away.

And her worth per movie has been put at £4 million since she and Sean Connery teamed up to play a couple of daring, techno-brilliant jewel thieves in the new thriller *Entrapment*, which has just been released in Britain.

The action-packed adventure opened to rave reviews and big box office ratings

in America. Zeta Jones, 29, has well and truly arrived and she says: 'It is great when things are happening for you and people like what you do.

'I know things have worked out well for me. I would have liked to have stayed at home and had this career but it wasn't possible. Instead I had to travel 6000 miles. I am very ambitious but I am not a ruthless person.

'I want a career that matures along with me. There will come a time when I won't be able to do this stuff. Then I want to be like Anne Bancroft in *The Graduate*, or Catherine Deneuve. I want to stick around.'

Zorro may have been the key to open the right doors but *Entrapment* blew them off their hinges. Veteran Oscar winner Sean Connery wanted her to share the screen with him and says: 'Look at her, look at her talent. She has ... everything.'

It wasn't always that way. In the darker post-*Darling Buds of May* years she made some movie howlers, like *Splitting Heirs* with Eric Idle and *Christopher Columbus: The Discovery*. And though she was deliciously sexy in the Cornish surfing saga *Blue Juice* alongside Sean Pertwee and a mob of hunky lads, the film was overshadowed by bigger productions.

She feels she wasn't given a fair hearing in Blighty before she hit the glory trail for California. She says: 'It was frustrating. I knew I had something, but they just didn't get it. I was so well known for *Darling Buds* but it became difficult to convince anyone that she wasn't me. They just wanted me romping through the hay in the lazy days of summer in my push-up bra!'

Her neat swordplay in *Zorro* alongside Anthony Hopkins and Antonio Banderas helped prepare her for her amazing stunts in *Entrapment*. Next she will be seen being scared to death in the psychic horror yarn *The Haunting* with Liam Neeson.

As a teenager she starred on the West End stage in *42nd Street* before she was spotted by French filmmaker Philippe de Broca and given the lead in the Arabian fantasy *Scheherazade*. *The Darling Buds of May* sealed her future though it took Steven Speilberg to re-launch her career through *Zorro*.

The wealthy businessman's daughter was romantically linked with TV presenter John Leslie and *Braveheart* star Angus MacFadyen before she touched down in Tinseltown. She now lives in the hills above Hollywood and cruises Beverly Hills behind the wheel of a smart Range Rover complete with mobile phone.

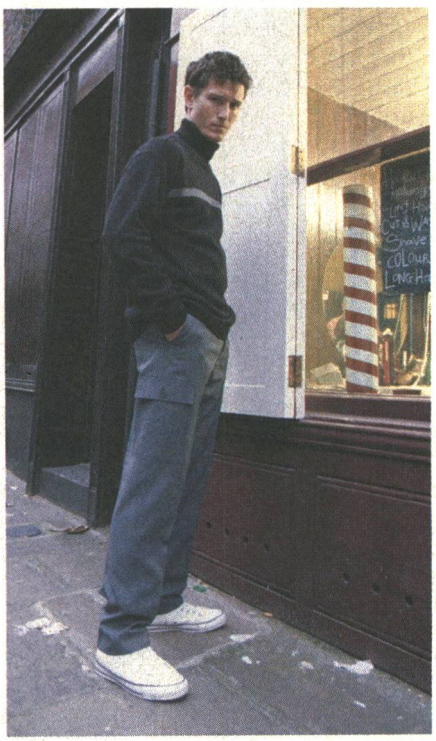
The darling bud has truly blossomed. 'I may be the ultimate Hollywood babe. You can page me, beep me or e-mail me. But it takes a lot to impress me. I like honesty. I need that above all else.

'There are so many guys with egos the size of continents here. The stuff that comes out of their gobs, as well. Back in Wales I used to hear: "Would you like a pint of Guinness and a bag of crisps?" Here it's "Hey, no problem. My private Lear jet will pick you up." You have to laugh.'

Nick's knack with women

Lock, Stock and Two Smoking Barrels star Nick Moran has two big loves in his life: his girlfriend and movies. FilmFour chose this most eligible of actors to pick his favourite movies of all time. A swooning **Jane Oddy** met him

MOST young actors might be drawn to the movie world because of the lifestyle it offers – girls, parties, exotic travel. Not Nick Moran. Give him the choice of watching an old movie or being surrounded by beautiful women in a club, and there's no contest – he's mad about movies. The lippy, likeable 30-year-old starred in last year's smash hit movie *Lock, Stock and Two Smoking Barrels*, a portrayal of low-life east London in which he played Eddy, a smalltime hustler. It proved to be his big break and he is not embarrassed to admit that he wept when he heard he'd got the role: 'I was drunk at the time but it was amazing! It was like waiting for a bus for nine years and then finally it turned up.'



He is serious about his job, passionate about films and dispassionate about the temptations of fame. Fast-talking and confident, he admits frankly: 'I'm in this business because I love film and I love my job. I've tarted around in the past, I've done all those things and got it out of my system. I'm a shocking flirt but I'm totally faithful in a relationship.'

He shares his life with 24-year-old actress Sienna Guillory, who starred in TV's *Riders* series. The couple have been together for three years 'on and off', he says. 'We have a great relationship but Sienna gets the hump sometimes. I like talking to girls and she gets jealous.'

Nick is now being offered dream roles thanks to his performance in *Lock, Stock,* which won the 1999 BAFTA Orange Audience Award and has been bagging trophies all over town. As a self-confessed film fanatic, he's a natural choice to introduce two of his own favourites on FilmFour, Ken Loach's *Poor Cow* (1967), which follows a teenage girl with a jailbird husband, starring Carol White and Terence Stamp, and *The Ninth Configuration* (1980), with Stacy Keach and Robert Loggia about a US army psychiatrist working in a military mental institution. Nick says he pondered long and hard about the choice. 'I wanted ones that were off the beaten track – I like good, informative films, not Hollywood junk. I have a big knowledge of films because I watched all these cool, late-night films in the Seventies.'

His passion started while growing up on an estate in North London. His hairdresser mum encouraged him to stay up late watching movies as his dad worked at nights for the AA. He left school at 16 and went to Mountview drama school in North London. After a succession of TV and movie roles, *Lock, Stock* was his big break. His next movie, *New Blood*, was shot in Canada with John Hurt and Nick plays an American rich kid. He also plays a cross-dressing drug dealer in a new Brit movie, *Rancid Aluminium*.

Refreshingly unaffected, he still lives with the same mates he has lived with for five years in a disused pub in south London: 'I just spent loads having the place done up. It's a hovel, but now it's a hovel with a lick of paint!' he says. 'It's taken me a long time to believe I could be any good,' he admits. 'But now I think I'm getting there.'

● *Nick Moran will introduce 'Poor Cow' (8.10pm) and 'The Ninth Configuration' (10.00pm) on FilmFour, Wednesday 7th*

PHOTO: STEPHANIE RUSHTON/SYGMA

FILMFOUR 4

Kristin Scott Thomas in 'Four Weddings and a Funeral'

From costume drama to crime and comedy

Which film gets your vote?

After the phenomenal success of films such as *Four Weddings and a Funeral*, *Trainspotting*, *Lock, Stock and Two Smoking Barrels* and *Notting Hill*, our film industry is thriving. Throughout July, FilmFour is celebrating British cinema with its Made in Britain season and inviting *Cable Guide* readers to choose their favourite homegrown movies from the list on this page. All those who vote will have the chance to win a fantastic prize. The winning film will be shown on FilmFour in December.

The first prize is a film lover's dream – two tickets to the exclusive press screening of Alfred Hitchcock's original version of *The Man Who Knew Too Much*. Hitchcock remade his gripping kidnapping tale in Hollywood in 1956, but this 1934 version, starring Peter Lorre, has rarely been seen in this country. FilmFour has negotiated with Hitchcock's daughter Patricia and been granted the rights to screen the film. The prize includes travel to London and overnight hotel accommodation.

We also have five second prizes of FilmFour Essential Soundtrack CDs signed by *Lock, Stock and Two Smoking Barrels* star Nick Moran and 45 runners-up prizes of the CD.

FOUR WEDDINGS AND A FUNERAL

The feel-good hit that put Britain back on the map and launched the career of Hugh Grant, *Four Weddings* rates among the finest romances this country has produced. At the film's centre is the engaging relationship between Grant and Andie MacDowell, the American woman he falls for.

LIFE IS SWEET

This affectionate story of the ups and downs of everyday life in the suburbs of London boasts extraordinary performances from director Mike Leigh's cast, including Jane Horrocks, Alison Steadman, Jim Broadbent, Timothy Spall and David Thewlis. A gem of a film that can't fail to touch you.

TRAINSPOTTING

The most daring British film of the decade, this smash from 1996 is driven by the earthy performances of an ensemble that includes Ewan McGregor and Robert Carlyle. Brought to the screen with style by director Danny Boyle, the film is unflinching in its depiction of the horrors of drug addiction.

SECRETS AND LIES

Mike Leigh's award-winning tale of love, caring and deep longing about a young black woman who sets out to find her birth mother after her adoptive parents have died. A wistful, witty film with heartwarming performances from Marianne Jean-Baptiste and Brenda Blethyn.

SENSE AND SENSIBILITY

This exquisite 1995 Jane Austen adaptation dazzles the eye with its painterly, pastoral images. A pet project for its star Emma Thompson, who also wrote the Oscar-winning screenplay, the film explores the book's emotions with skill. Hugh Grant and Kate Winslet provide solid support.

FEVER PITCH

Adapted by Nick Hornby from his own football-themed novel, this hugely entertaining tale centres on Arsenal obsessive Colin Firth and his pregnant partner, and demonstrates how he measures the key moments in his life against the agony and the ecstasy of the club's fortunes.

BRASSED OFF

Mark Herman's film starring Ewan McGregor and Pete Postlethwaite is both comic and tragic, tracing the fortunes of a colliery brass band in a small village where the pit has been closed and all that's left is the dole and pride in the band that's trying to get to the championship finals in London.

THE CRYING GAME

A love story with a difference, this boasts one of the most jaw-dropping twists in cinema. In the film's haunting opening scenes, IRA man Stephen Rea grows fond of the English squaddie he's holding hostage. He then flees to London and embarks on an affair with the soldier's secretive girlfriend.

WISH YOU WERE HERE

Loosely based on the childhood of infamous madam Cynthia Payne (who was celebrated in director David Leland's previous effort, *Personal Services*), this warmly nostalgic drama benefits from a sassy turn by Emily Lloyd as a precocious wild child growing up in post-war Britain.

PHOTOS: FILMFOUR, MOVIESTORE COLLECTION, POLYGRAM/PICTORIAL PRESS

HOW TO VOTE

By Phone
Call **09001 66 99 25** with your choice. Calls cost 60p per minute. Likely duration one minute. Entrants must have the agreement of the person paying the bill before calling.

By Post
Write your choice on a postcard marked 'FilmFour Poll' and send to *Cable Guide*, 172 Tottenham Court Road, London, W1P 0JJ.

The closing date for the first prize is 5 July 1999. The closing date for the CD prizes is 30 July 1999.

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Disney Channel

There's no space like home

The blockbuster *Lost in Space* blasts off on Sky Box Office this month. **Garth Pearce** meets the crew

GARY OLDMAN proved to be the key to blast-off in *Lost in Space*. His early agreement to play arch villain Dr Zachary Smith in the $85 million potential blockbuster secured the quality of cast and special effects that its producers were seeking.

Director-producer Stephen Hopkins reveals: 'He was the man I was after, but felt least likely to get. We got lucky. Even though I think he enjoyed the script, he had poured so much of his cash into directing his own film, *Nil by Mouth*, he needed the money.'

Oldman, 41, whose performance in *Lost in Space* seems to dominate the proceedings, is keen to play down the fact that, once again, he's a superb villain: 'I saw the part as good fun and the cast was brilliant,' he says. 'I also thought it was time that I did a family film.'

The movie is an affectionate update of the popular American TV series, which ran between 1965 and 1968. The film is set in the 21st century, when we have managed to ruin the earth's resources with wars, pollution and global warming. A family of scientists is sent in search of another, healthy, planet to help save us all.

Oldman's Dr Smith sneaks on to the spacecraft and constantly tries to wreck the mission. He says: 'It was a relief to just go in, put on the costume and be ready for action. There was no prosthetic make-up, no fancy costumes, no wigs and I didn't have an accent to do.'

Gary Oldman as the villainous Dr Zachary Smith with Will Robinson, played by young star Jack Johnson

PREMIERE

Sky Box Office 3

LOST IN SPACE
FROM WEDNESDAY 14TH

The casting paid off handsomely. It attracted a line-up that included Oscar winner William Hurt as Professor John Robinson, Mimi Rogers as his wife, Maureen, and Heather Graham (of *Boogie Nights*, *Scream 2* and the forthcoming second *Austin Powers* movie as their grown-up daughter, Judy. Younger children are played by Lacey Chabert (from TV's *Party of Five*) and ten-year-old Jack Johnson, grandson of Nunnally Johnson, who adapted and was associate producer of the 1940 classic *Grapes of Wrath*.

At the spacecraft's controls is Matt LeBlanc, playing pilot Don West, in his first major film role (though he was reportedly rejected at first by director Hopkins), which at last allows him

All aboard with the family Robinson: (from left to right), Matt LeBlanc, Heather Graham, Lacey Chabert, Mimi Rogers, Jack Johnson, William Hurt and Gary Oldman

to prove that there's more to him than the likeable, slow-witted Joey in *Friends*.

Hopkins says: 'Although the film is full of brilliant special effects, to neglect the key character roles would have been fatal. I wanted to get the very best cast that an audience could appreciate and believe in, along with all the explosions and adventure.'

It also may be the first of a series – there's already talk of *Lost in Space 2* and *3* – and around two years were spent on preparation and filming before it was released in America last year.

It not only had the distinction of being the first film last year to knock *Titanic* off number one, but it was also made in England. The London-based Entertainment Films, which part-financed *Evita* and *Se7en*, was one of the major investors.

Filming was exclusively at Shepperton Studios, Middlesex – chosen in favour of any major studio in Los Angeles – using 11 vast sound stages and a crew of 500.

William Hurt, who starred in some of the most memorable films of the Eighties including the erotic thriller *Body Heat*, the ensemble piece *The Big Chill*, the newsroom comedy *Broadcast News* and the fantasy-laden prison drama *Kiss of the Spider Woman*, for which he won an Oscar, was another unlikely choice alongside Oldman.

'I had seen a few episodes of *Lost in Space* on TV as a teenager,' he says. 'I liked the idea of a battle between artificial intelligence and natural intelligence. The film intrigued me because it was saying that human beings need each other more than they need machines.'

Mimi Rogers, 43, was best known for starring in *Someone to Watch Over Me* and for being Tom Cruise's first wife before a recent career resurgence that began with a good-humoured cameo in *Austin Powers: International Man of Mystery*. She points to the fact that she has a four-year-old daughter, Lucy, by producer Chris Ciaffa, as the reason she took the role.

'I saw this as a chance to be in something that would last and be shown again and again, whether on video or satellite, over many years,' Rogers says. 'It was worth it. Every time an ad for the film came on TV, she screamed in delight.'

The nuts and bolts of it

The robot, designed and made by Jim Henson's Creature Shop in London, is one of the stars of the film, and nabs the famous line: 'Danger, Will Robinson!' And it was one of the toughest signings of all.

Project co-ordinator Verner Gresty explains: 'It had to be made as a stunt robot, performing many action sequences, which meant an immediate problem.'

The challenge for the Creature Shop was designing and building a large industrial robot that could be transformed into a smaller robot. Whereas the first robot had to be big, powerful and intimidating, the second robot had to be friendly.

'More than 3000 components were used,' says Gresty. 'Constant modifications and additions had to be made to accommodate the new parts.' In the end, it weighed in at 500lbs. Four Henson puppeteers were needed to manipulate it at any one time.

Creature Shop also had to design Blawp, the family's pet space monkey. The skin, made from a combination of foam and silicon, had to withstand vigorous movement, with seven puppeteers on hand to help. There were also alien spiders – metallic, fast-moving creatures that try to take over the space craft. Says Gresty: 'It was the widest range of technology we ever employed.'

PHOTOS: COLORIFIC, SYGMA

This month's movies on-demand from Sky Box Office

Win seven nights on your own desert island

Six Days, Seven Nights **was filmed on the beautiful island of Kauai in the Pacific Ocean and when you buy the movie on Sky Box Office, you have the chance of winning a week long holiday to the very same destination, although you get to stay in a hotel! There is one prize of a one-week holiday (7 nights) on the island of Kauai in the Pacific Ocean. The prize includes return flights from London to Kauai, 7 nights accommodation at the Kauai Sands Hotel (meals are not included) and £500 spending money.**

You'll automatically be entered into the prize draw when you order this movie in July. For full terms and conditions, see Teletext page 500 on channel 50.

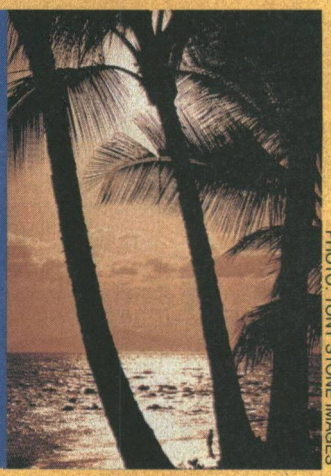


PHOTO: TONY STONE IMAGES

Six Days, Seven Nights

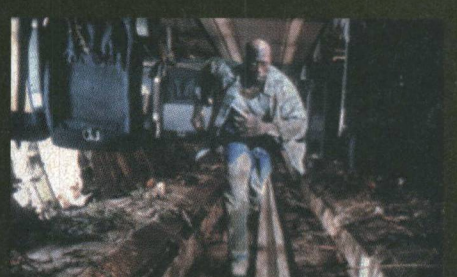
Romantic adventure starring Anne Heche as a hard-nosed New York magazine editor who finds herself stranded on a desert island with a grouchy pilot (Harrison Ford). Sky 12 (L,V) *Premiere*

Lost in Space

High-energy space thriller, based on the Sixties TV series. A family volunteer to travel into space to establish a settlement on a distant planet. But they soon find themselves lost in space with a dastardly villain (Gary Oldman), a hunky pilot (Matt LeBlanc) and an assortment of unfriendly space creatures. Sky PG *Premiere*

Mad City

John Travolta stars as a disenchanted museum guard who takes a gun to work in order to get attention from his boss. A seige develops, and among the hostages is a jaded newsman (Dustin Hoffman) who sees his chance to hit the headlines once again. Sky 12 (L,V,M) *Premiere*



Mimic

Nailbiting thriller set in the dark world of the New York Underground. Mira Sorvino is a scientist who develops a bug designed to kill the city's plague carrying cockroaches. But the nightmare begins when she discovers that the creatures did not die – they evolved ...
Sky 15 (L)

Sliding Doors

Bittersweet British comedy starring Gwyneth Paltrow that follows two different storylines about the developments in a woman's life – one in which she misses a train, the other in which she catches it. Also starring John Hannah.
Sky 15 (L,V,S)

US Marshalls

Wesley Snipes stars as a man mistakenly accused of murder who goes on the run from hard-boiled US Marshall Sam Gerard (Tommy Lee Jones) in this sequel to *The Fugitive*. Sky 15 (L,V)

Term & Conditions: 1. Prices correct as at 1st July 1999 and inclusive of VAT at 17.5%. 2. The price of each movie/event will be added to your monthly bill. 3. For technical and operational reasons it is not possible to cancel any ordered movie. 4. You will be responsible for payment for all services ordered whether or not with your knowledge or consent. We therefore advise you to use the password facility to prevent unauthorised booking of these services. 5. Purchase of the movie/event is for broadcast on the set top box for which it has been ordered. It is not possible to transfer purchase from one set top box to another.

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If you have any questions, you can phone the free TV on-demand helpline on **0500 60 10 50**
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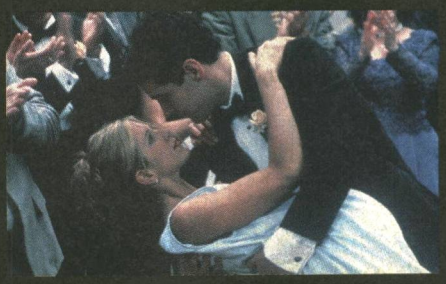
Sky Box Office is not yet available in Millharbour, New Ash Green, Buckinghamshire and South Herts.

Lost in Space, from Wednesday 14th

SKY box office



Mr Magoo

Slapstick comedy starring Leslie Neilsen as the hopelessly short-sighted Mr Magoo, who causes chaos wherever he goes. When he unwittingly comes into possession of a fabulous diamond, our hero finds himself pursued by the FBI, the CIA and a criminal mastermind.
Sky PG (V) *Premiere*

Dark City

Dark thriller set in the future starring Rufus Sewell as a man who wakes up in a bathtub with a murdered woman and no recollection of his past. He has to stay one step ahead of the forces pursuing him, and try to figure out who he is, where he comes from and whether he is a murderer.
Sky 15 (V,S) *Premiere*

The Object of My Affection

Friends star Jennifer Aniston stars in this romantic comedy as Nina, a young woman who, on discovering she is pregnant, persuades her gay flatmate to take on the role of father and husband in a union based on friendship alone. Sounds simple? That's what she thinks ... Sky 15 (L) *Premiere*

Godzilla

A special effects spectacular featuring the legendary lizard, which has grown to incredible proportions thanks to French nuclear testing. When Godzilla threatens to destroy New York, a radiation expert (Matthew Broderick) and a French investigator (Jean Reno) must try to save the day. Sky PG

Scream 2

Funny, frightening sequel to the hit film that pokes fun at the horror movie genre. When the events of the first *Scream* are made into a film, the survivors once again find themselves at the mercy of a knife wielding maniac. With Neve Campbell and Courteney Cox. Sky 18 (L,V)

CABLE & WIRELESS

L = STRONG LANGUAGE M = MATURE THEMES S = SCENES OF A SEXUAL NATURE V = VIOLENCE

SPORTS

ATHLETICS

MODERN PENTATHLON: WOMEN'S EUROPEAN CHAMPIONSHIP
2 10.00AM ESP
MODERN PENTATHLON: WORLD CUP IN BUDAPEST
2 10.30AM ESP
IAAF GRAND PRIX I
LIVE 2 7.00PM ESP
IAAF GRAND PRIX I
2 9.30PM ESP
IAAF GRAND PRIX II
3 6.30PM ESP
TRIATHLON: EUROPEAN CUP
5 12NOON ESP
IAAF PERMIT MEETING
LIVE 5 5.30PM ESP
ROAD RACE OF THE MONTH
11 12NOON SK2
ATHLETICS: ROAD RACE OF THE MONTH
11 12.30AM SK2
ATHLETICS: ROAD RACE OF THE MONTH
12 12.30PM SK1
TRIATHLON: EUROPEAN CHAMPIONSHIP
12 1.00PM ESP
AAAC PERMIT MEETING
13 10.00PM ESP
EAA MEETING
LIVE 16 7.00PM ESP
IAAF GRAND PRIX I
LIVE 17 4.30PM ESP
IAAF GRAND PRIX I
17 7.00PM ESP
JACOB'S CREEK STEINGARTEN CHALLENGE
18 11.30PM SK3
JACOB'S CREEK STEINGARTEN CHALLENGE
19 8.00AM SK1
JACOB'S CREEK STEINGARTEN CHALLENGE
19 2.30PM SK1
IAAF GRAND PRIX II
LIVE 26 7.00PM ESP
IAAF PERMIT MEETING
LIVE 29 6.00PM ESP
IAAF GRAND PRIX I
LIVE 30 5.00PM ESP
IAAF GRAND PRIX I
30 8.00PM ESP

BASEBALL

MAJOR LEAGUE BASEBALL
3 12.30AM SK2
MAJOR LEAGUE BASEBALL
4 9.00AM SK3
MAJOR LEAGUE BASEBALL
6 9.30PM SK2
MAJOR LEAGUE BASEBALL
10 1.00AM SK2
MAJOR LEAGUE BASEBALL
11 9.00AM SK3
MAJOR LEAGUE BASEBALL
13 10.00PM SK2
MAJOR LEAGUE BASEBALL
14 5.00PM SK2
MAJOR LEAGUE BASEBALL
14 10.30PM SK2
MAJOR LEAGUE BASEBALL
17 11.00PM SK2
MAJOR LEAGUE BASEBALL
18 9.00AM SK3
MAJOR LEAGUE BASEBALL
20 10.30PM SK2
MAJOR LEAGUE BASEBALL
23 10.30PM SK2
MAJOR LEAGUE BASEBALL
25 9.00AM SK3
MAJOR LEAGUE BASEBALL
31 12MIDN'T SK2

BOWLING

WORLD TEN PIN MASTERS
5 5.00PM SK3
The world's best bowlers stake a claim for the £18,000 prize.
WORLD TEN PIN MASTERS
5 11.45PM SK1
WORLD TEN PIN MASTERS
6 10.00AM SK1
WORLD TEN PIN MASTERS
6 3.30PM SK3
WORLD TEN PIN MASTERS
12 5.00PM SK1
WORLD TEN PIN MASTERS
12 10.45PM SK1
WORLD TEN PIN MASTERS
12 1.30AM SK2
WORLD TEN PIN MASTERS
13 10.00AM SK1
WORLD TEN PIN MASTERS
13 1.00PM SK2
WORLD TEN PIN MASTERS
19 5.00PM SK3
WORLD TEN PIN MASTERS
19 10.45PM SK1
WORLD TEN PIN MASTERS
20 10.00AM SK1
WORLD TEN PIN MASTERS
20 2.30PM SK1
1999 GOLDEN BOWLING BALL
30 9.00PM ESP

BOWLS

2ND TEST: AUSTRALIA V NEW ZEALAND
5 8.00PM SK3
2ND TEST: AUSTRALIA V NEW ZEALAND
5 1.30AM SK1
2ND TEST: AUSTRALIA V NEW ZEALAND
6 10.00AM SK2
2ND TEST: AUSTRALIA V NEW ZEALAND
6 3.30PM SK2
2ND TEST: AUSTRALIA V NEW ZEALAND
12 8.00PM SK3
2ND TEST: AUSTRALIA V NEW ZEALAND
12 2.30AM SK1
2ND TEST: AUSTRALIA V NEW ZEALAND
13 10.00AM SK2
3RD TEST: AUSTRALIA V NEW ZEALAND
26 12.15AM SK1
3RD TEST: AUSTRALIA V NEW ZEALAND
27 10.00AM SK1

BOXING

RINGSIDE
1 3.00PM SK2
FIGHT NIGHT
LIVE 10 8.30PM SK1
FIGHT NIGHT
11 9.00AM SK1
BIG TIME BOXING
LIVE 12 8.30PM SK1
BIG TIME BOXING
12 12.30AM SK1
BIG TIME BOXING
13 1.00PM SK1
BOXING
15 10.00PM ESP
FIGHT NIGHT
LIVE 17 9.00PM SK1
Action from a top bout.
FIGHT NIGHT
17 2.30AM SK1
FIGHT NIGHT
18 9.00AM SK1
BOXING
27 8.00PM ESP
FIGHT NIGHT
LIVE 31 10.00PM SK1
FIGHT NIGHT
31 2.00AM SK1

CRICKET

1ST TEST: ENGLAND V NEW ZEALAND
LIVE 1 10.00AM SK1
Sky Sports broadcasts its first Test match on home soil as Alec Stewart's men take on New Zealand in a five Test series.
1ST TEST: ENGLAND V NEW ZEALAND
LIVE 2 10.30AM SK1
1ST TEST: ENGLAND V NEW ZEALAND
1 9.30PM SK1
1ST TEST: ENGLAND V NEW ZEALAND
2 9.30PM SK1
1ST TEST: ENGLAND V NEW ZEALAND
LIVE 3 10.30AM SK1
1ST TEST: ENGLAND V NEW ZEALAND
LIVE 3 10.30AM SK1
1ST TEST: ENGLAND V NEW ZEALAND
3 9.30PM SK1
1ST TEST: ENGLAND V NEW ZEALAND
LIVE 5 10.30AM SK1
The final day's play.
1ST TEST: ENGLAND V NEW ZEALAND
5 9.30PM SK1
WOMEN'S 2ND ONE DAY INTERNATIONAL: ENGLAND V INDIA
6 11.00AM SK1
WOMEN'S 2ND ONE DAY INTERNATIONAL: ENGLAND V INDIA
LIVE 6 3.00PM SK1
NAT WEST TROPHY
LIVE 7 11.00AM SK1
NAT WEST TROPHY
LIVE 7 3.00PM SK1
NAT WEST TROPHY
7 10.15PM SK1
WOMEN'S 3RD ONE DAY INTERNATIONAL: ENGLAND V INDIA
LIVE 9 11.00AM SK1
WOMEN'S 3RD ONE DAY INTERNATIONAL: ENGLAND V INDIA
LIVE 9 3.00PM SK1
SUPER CUP SEMI FINAL
LIVE 10 11.00AM SK1
Action from today's match.
SUPER CUP SEMI FINAL
LIVE 10 3.00PM SK1
SUPER CUP SEMI FINAL
10 10.00PM SK1
SUPER CUP SEMI FINAL
LIVE 11 11.00AM SK1
SUPER CUP SEMI FINAL
LIVE 11 3.00PM SK1
CGU NATIONAL LEAGUE: DURHAM V DERBY
LIVE 13 4.00PM SK1
CGU NATIONAL LEAGUE: DURHAM V DERBY
LIVE 13 7.15PM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 15 11.00AM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 15 1.45PM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 16 11.00AM SK1
New Zealand continue their hectic schedule.
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 16 1.45PM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 17 11.00AM SK1
The third day's action comes from picturesque Canterbury, Kent's spiritual home.
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 17 1.45PM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 18 11.00AM SK1
COUNTY CHALLENGE: KENT V NEW ZEALAND
LIVE 18 1.45PM SK1
CGU NATIONAL LEAGUE: LANCASHIRE V WARWICKSHIRE
LIVE 19 4.00PM SK1
CGU NATIONAL LEAGUE: LANCASHIRE V WARWICKSHIRE
LIVE 19 7.15PM SK1
CGU NATIONAL LEAGUE: WORCESTER V LEICESTERSHIRE
LIVE 20 4.00PM SK1
CGU NATIONAL LEAGUE: WORCESTER V LEICESTERSHIRE
LIVE 20 7.15PM SK1
2ND TEST: ENGLAND V NEW ZEALAND
22 10.15PM SK1
2ND TEST: ENGLAND V NEW ZEALAND
23 9.00PM SK3
2ND TEST: ENGLAND V NEW ZEALAND
24 9.00PM SK1
2ND TEST: ENGLAND V NEW ZEALAND
25 10.00PM SK1
2ND TEST: ENGLAND V NEW ZEALAND
26 8.30PM SK3
NAT WEST TROPHY QUARTER-FINAL
28 8.30PM SK1
ENGLAND U19 V AUSTRALIA U19
LIVE 30 10.30AM SK1
ENGLAND U19 V AUSTRALIA U19
LIVE 31 10.30AM SK1
ENGLAND U19 V AUSTRALIA U19
LIVE 31 2.45PM SK1

DARTS

WORLD MATCHPLAY
LIVE 26 1.00PM SK2
WORLD MATCHPLAY
LIVE 26 7.00PM SK2
WORLD MATCHPLAY
LIVE 27 1.00PM SK2
WORLD MATCHPLAY
LIVE 27 7.00PM SK2
WORLD MATCHPLAY
LIVE 28 7.00PM SK2
WORLD MATCHPLAY
LIVE 29 1.00PM SK2
WORLD MATCHPLAY
LIVE 29 7.00PM SK2
WORLD MATCHPLAY SEMI-FINALS
LIVE 30 7.00PM SK2
From Blackpool.
WORLD MATCHPLAY FINAL
LIVE 31 7.00PM SK2

EQUESTRIANISM

SAMSUNG NATIONS CUP
2 4.30PM ESP
SAMSUNG NATIONS CUP
12 12NOON ESP
SPRUCE MEADOWS: SMIRNOFF CUP
13 3.30PM SK3
SPRUCE MEADOWS: SMIRNOFF CUP
13 6.30PM SK2
SPRUCE MEADOWS: SMIRNOFF CUP
14 11.00AM SK1
SPRUCE MEADOWS: SMIRNOFF CUP
14 4.00PM SK1
SAMSUNG NATIONS CUP
19 1.00PM ESP
SPRUCE MEADOWS: ATCO STRUCTURES DOUBLE SLALOM
20 4.00PM SK3
SPRUCE MEADOWS: ATCO STRUCTURES DOUBLE SLALOM
20 7.00PM SK3
SPRUCE MEADOWS: ATCO STRUCTURES DOUBLE SLALOM
20 2.00AM SK2

MY MOST MEMORABLE MATCH

Guy Mowbray, Eurosport's number one football commentator, describes the night France won the game's greatest prize to Ross Biddiscombe

WORLD CUP FINAL, JULY 12 1998, STADE DE FRANCE, BRAZIL 0 FRANCE 3

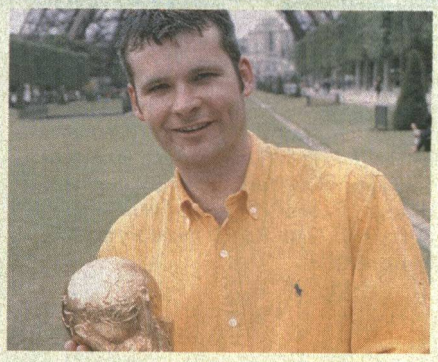
'I did about 30 games during the World Cup, but this is the only one that I can remember all about, including everything about the day of the game. It was also my first World Cup Final commentary, so it was bound to be a bit special.

'I'd seen both teams quite a bit before, so my main pre-game preparation was checking the referee and any World Cup Final trivia in case it was a really dull match. Of course, it wasn't, because the drama began even before they kicked-off, when Ronaldo was omitted from the original Brazilian team sheet.

'The commentary area was buzzing, especially when a second team sheet appeared with Ronaldo included.

'I'd already phoned a friend back in England to tell him not to back Ronaldo as the first goalscorer because he wasn't in the team!

'I didn't feel any nerves once we were under way, but at half-time I did manage to take a breather and look around me. I felt like a bit of a schoolkid with so many famous ex-players there – Pele, Andreas Brehme, Johnny Rep. True, it wasn't the greatest football game, but what a place to be!'



EUROSPORT

DIARY

KEY TO CHANNEL CODES
ESP: Eurosport
SK1: Sky Sports 1
SK2: Sky Sports 2
SK3: Sky Sports 3
LIVE: LIVE TV

SPRUCE MEADOWS: ATCO STRUCTURES DOUBLE SLALOM
21 11.00AM SK1
SPRUCE MEADOWS: ATCO STRUCTURES DOUBLE SLALOM
21 1.00PM SK2
SPRUCE MEADOWS: CANADIAN PACIFIC WORLD CUP
27 1.00PM SK1
SPRUCE MEADOWS: CANADIAN PACIFIC WORLD CUP
27 3.00AM SK2

FOOTBALL

COPA AMERICA: CHILE V MEXICO; BRAZIL V VENEZUELA
1 1.00PM SK2
A double-header of action from South America. The biennial tournament was last held in 1997, when Brazil turned on the style to beat Bolivia 3-1 in the final.
COPA AMERICA: CHILE V MEXICO; BRAZIL V VENEZUELA
1 5.00PM SK2
WOMEN'S WORLD CUP
1 7.00PM ESP
BOYS INTERNATIONAL: ENGLAND V FRANCE
LIVE 1 7.00PM SK2
From Northwich Victoria.
COPA AMERICA: URUGUAY V COLOMBIA; ARGENTINA V ECUADOR
LIVE 1 12MIDN'T SK2
COPA AMERICA: URUGUAY V COLOMBIA; ARGENTINA V ECUADOR
2 1.00PM SK2
WOMEN'S WORLD CUP
2 5.30PM ESP
COPA AMERICA: URUGUAY V COLOMBIA; ARGENTINA V ECUADOR
2 6.00PM SK2
COPA AMERICA: PERU V BOLIVIA; PARAGUAY V JAPAN
LIVE 2 12MIDN'T SK2
COPA AMERICA: PERU V BOLIVIA; PARAGUAY V JAPAN
3 1.00PM SK2
BOYS INTERNATIONAL: U16 FRANCE V ARGENTINA
LIVE 3 3.00PM SK2
Action from from the U16 tournament where France take on Argentina.
COPA AMERICA: BRAZIL V MEXICO AND CHILE V VENEZUELA
LIVE 3 8.00PM SK2
COPA AMERICA: BRAZIL V MEXICO; CHILE V VENEZUELA
4 1.00PM SK2
GIRLS INTERNATIONAL: ENGLAND V SCOTLAND; BOYS INTERNATIONAL: U16 ENGLAND V ARGENTINA
LIVE 4 12.30PM SK2
England's schoolboys proudly take on Scotland, while the girls U16 side play Argentina.
COPA AMERICA: URUGUAY V ECUADOR; ARGENTINA V COLOMBIA
LIVE 4 7.30PM SK2
COPA AMERICA: URUGUAY V ECUADOR; ARGENTINA V COLOMBIA
5 1.00PM SK2

Football continued overleaf ▶

Sky acquires Lloyd's list

As Sky Sports broadcasts its first live Test on English soil, **Chris Hatherall** joins former England supremo David Lloyd to get the low-down on the current squad

DAVID LLOYD aims to give viewers a real insight into the personalities of England's top cricketers, after moving straight from national coach to Sky Sports commentator.

Lloyd will be in the commentary box when England face New Zealand in the first Test match of the summer, a month after guiding their World Cup campaign.

'I'm already getting a ribbing from the players,' he said. 'They're worried I'm going to give away all their secrets!

'I don't know about that, but I certainly want to give people some insight into these players and bring their personalities out onto the screen.

'I've worked with these lads and they are a terrific bunch, but sometimes players can be very different on the field to the way they are in the dressing room. Sometimes they can go into their shells a bit and the public don't know what they are really like.'

Lloyd believes former England captain Mike Atherton is a typical example. 'People seem to think Athers is this dour, boring character. But in the dressing room he is the life and soul. He can drink and fall over with the best of them and has a terrific sense of humour.

'He and Brian Lara, for instance, have been brought up through international cricket together and are the best of buddies. Whenever they are at the same ground they make a beeline for each other. You can't keep them apart. They are always arm-wrestling, or getting each other in headlocks and larking around. It's not the Athers most people see on television.'

Darren Gough is a more open book, but Lloyd says the Yorkshireman isn't the only character in the squad.

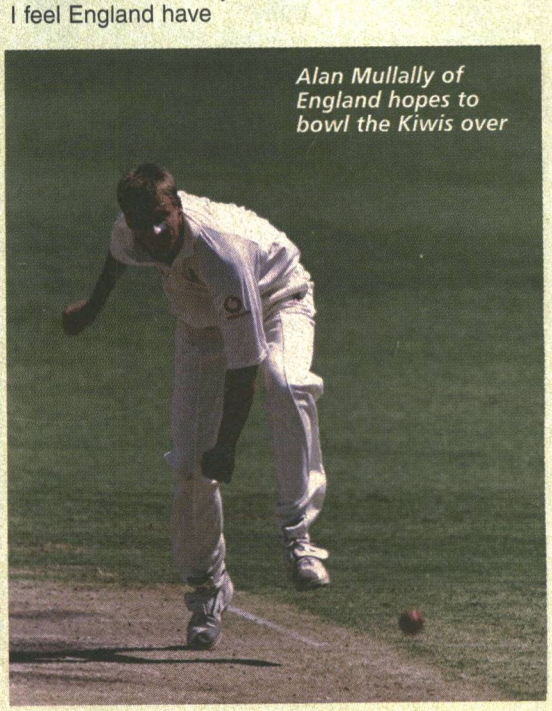
'Angus Fraser can be very funny with his dry humour, and Robert Croft is very noisy in the dressing room as well. He's a real Jack the Lad. But then there are the really quiet ones as well, who don't say a single thing.

'And Alan Mullally seems to be on cloud nine most of the time. At lunchtime in a pre-World Cup game at Hampshire he spent the whole time trying to find out how many taps of the foot Michael Flatley does per second. That was all he was interested in doing, and I've no idea what it was all about. He was also adamant that Salman Rushdie was in the boot of Bono's car [during a U2 concert], so I didn't ask too many questions!'

Lloyd admits he will be sad to leave the England side behind and give up coaching to commentate on the game. But it was something which was out of his hands. 'I was loving the job and all I wanted was some commitment from my employer,' he said. 'I didn't get it, so I felt I had to go. But time moves on. Of course I'm sad about it, but I am moving from one fantastic team to another. I have had a number of offers to stay in coaching, but I am committed to Sky for now. The disappointment just comes because I wanted to finish the job. I feel England have improved in terms of preparation and fitness, and everything is in place to bring players through. There are a lot of promising young cricketers out there and that is good for the future.'

As for the match against New Zealand, Lloyd feels it has the potential to be a very close Test. 'New Zealand are not to be underestimated, because they have been well drilled and well put together. They are also a good fielding side and will be well suited to English conditions. It will be a very close match.'

England v New Zealand, Sky Sports 1 Thursday 1st 10.00am, Friday 2nd-Monday 5th 10.30am – Live

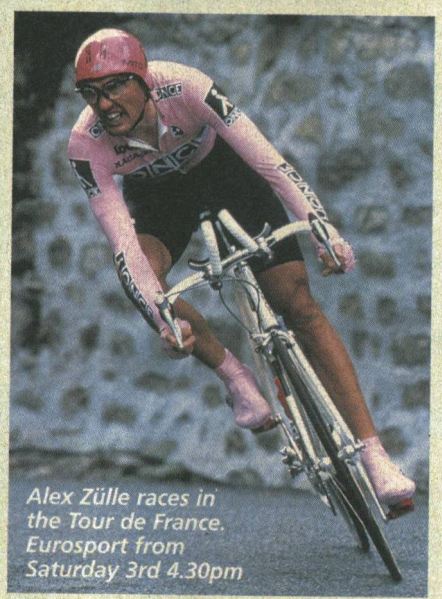


Alan Mullally of England hopes to bowl the Kiwis over

PHOTOS: BSKYB

TOUR DE FRANCE 1999

TOUR DE FRANCE
3 4.30PM ESP
The greatest cycle race in the world attracts the largest crowds and is considered the third major sporting event after the Olympic Games and the football World Cup. The Tour starts today in Puy-du-Fou.
LIVE 3 5.00PM ESP
Prologue.
3 9.00PM ESP
Highlights.
LIVE 4 3.00PM ESP
First stage: Montaigu – Challans (209 km).
4 4.30PM ESP
Highlights.
4 8.00PM ESP
Highlights.
5 1.00PM ESP
Highlights.
LIVE 5 2.00PM ESP
Second stage: Challans – Saint-Nazaire (202 km).
5 4.30PM ESP
Highlights.
5 8.00PM ESP
Highlights.
LIVE 6 2.00PM ESP
Third stage: Nantes – Laval (194 km).
6 4.30PM ESP
Highlights.
6 8.00PM ESP
Highlights.
LIVE 7 2.00PM ESP
Fourth stage: Laval – Blois (191 km).
7 4.30PM ESP
Highlights.
7 8.00PM ESP
Highlights.
LIVE 8 2.00PM ESP
Fifth stage: Bonneval – Amiens (228 km).
8 4.30PM ESP
Highlights.
8 8.00PM ESP
Highlights.
LIVE 9 2.00PM ESP
Sixth stage: Amiens – Maubeuge (169 km).
9 4.30PM ESP
Highlights.
9 8.00PM ESP
Highlights.
LIVE 10 2.00PM ESP
Seventh stage: Avesnes-sur-Helpe – Thionville.
10 4.30PM ESP
Highlights.
10 8.00PM ESP
Highlights.
LIVE 11 2.00PM ESP
Eighth stage: Metz (56km).
11 9.00PM ESP
Highlights.
12 2.00PM ESP
Highlights.
12 8.00PM ESP
Highlights.
LIVE 13 9.00AM ESP
Ninth stage: Le grand Bornand – Sestrières (215 km).
13 4.30PM ESP
Highlights.
13 8.00PM ESP
Highlights.
LIVE 14 9.30AM ESP
Tenth stage: Sestrières – L'Alpe d'Huez (218 km).
14 4.30PM ESP
Highlights.
14 9.45PM ESP
Highlights.
LIVE 15 11.00AM ESP
Eleventh stage: Le Bourg d'Oisans – Saint Etienne (199 km).
15 4.30PM ESP
Highlights.
15 8.00PM ESP
Highlights.
LIVE 16 2.00PM ESP
Twelfth stage: Saint Galmier – Saint-Flour
16 4.30PM ESP
Highlights.
16 8.00PM ESP
Highlights.
LIVE 17 2.00PM ESP
Thirteenth stage: Saint Flour – Albi (237 km).
17 8.00PM ESP
Highlights.
LIVE 18 2.00PM ESP
Fourteenth stage: Castres – Saint-Gaudens (189 km).


Alex Zülle races in the Tour de France. Eurosport from Saturday 3rd 4.30pm

18 4.30PM ESP
Highlights.
18 9.00PM ESP
Highlights.
19 2.00PM ESP
Highlights.
LIVE 20 10.00AM ESP
Fifteenth stage: Saint-Gaudens – Piau-Engaly (174 km).
20 3.15PM ESP
Highlights.
20 8.00PM ESP
Highlights.
LIVE 21 11.00AM ESP
Sixteenth stage: Lannemezan – Pau (192 km).
21 4.30PM ESP
Highlights.
21 9.45PM ESP
Highlights.
LIVE 22 2.00PM ESP
Seventeenth stage: Mourenx-Bordeaux (184km)
22 4.30PM ESP
Highlights.
22 8.00PM ESP
Highlights.
LIVE 23 2.30PM ESP
Eighteenth stage: Jonzac – Futuroscope Time Trial.
23 4.30PM ESP
Highlights.
23 8.00PM ESP
Highlights.
LIVE 24 3.30PM ESP
Nineteenth stage: Futuroscope (54,5 km).
24 4.30PM ESP
Highlights.
24 8.00PM ESP
Highlights.
LIVE 25 1.00PM ESP
Twentieth stage: Arpajon – Paris-Champs-Elysées (160 km).

WOMEN'S WORLD CUP
5 10.00PM ESP
Highlights from the USA.
COPA AMERICA: JAPAN V BOLIVIA; PARAGUAY V PERU
LIVE 5 12MIDN'T SK2
Action from the Copa America – football's oldest international tournament.
COPA AMERICA: JAPAN V BOLIVIA; PARAGUAY V PERU
6 1.00PM SK2
COPA AMERICA: MEXICO V VENEZUELA; BRAZIL V CHILE
LIVE 6 11.30PM SK2
COPA AMERICA: MEXICO V VENEZUELA; BRAZIL V CHILE
7 1.00PM SK2
COPA AMERICA: COLOMBIA V ECUADOR; ARGENTINA V URUGUAY
LIVE 7 12MIDN'T SK2
COPA AMERICA: COLOMBIA V ECUADOR; ARGENTINA V URUGUAY
8 1.00PM SK2
COPA AMERICA: QUARTER FINALS
Brazil won the event two years ago, by beating Bolivia in the final. Expect the 'kings of football' to feature strongly again.
LIVE 10 7.00PM SK2
WOMEN'S WORLD CUP
LIVE 10 9.00PM ESP
COPA AMERICA: QUARTER-FINALS
11 12.30PM SK2
COPA AMERICA : QUARTER FINALS
LIVE 11 6.30PM SK2
COPA AMERICA: QUARTER FINALS
12 1.00PM SK2
COPA AMERICA: SEMI-FINAL
LIVE 13 1.30AM SK2
COPA AMERICA: SEMI-FINAL
14 1.00PM SK2
CHAMPIONS LEAGUE
LIVE 14 7.30PM ESP
This season's competition starts with the qualifying rounds for the third and fourth placed teams from Europe's strongest leagues.
COPA AMERICA: SEMI-FINAL
15 10.15PM SK1
FOOTBALL SPECIAL: AUSTRALIA V MANCHESTER UNITED
Action from United's tour down under.
LIVE 15 11.OOAM SK2
COPA AMERICA: SEMI-FINAL
15 1.00PM SK2
COPA AMERICA: SEMI-FINAL
15 6.30PM SK1
FOOTBALL SPECIAL: AUSTRALIA V MANCHESTER UNITED
15 10.15PM SK2
COPA AMERICA: SEMI-FINAL
15 12.30AM SK1
COPA AMERICA: 3RD/4TH PLAY-OFF
LIVE 17 8.00PM SK2
COPA AMERICA: 3RD/4TH PLAY-OFF
17 12.30AM SK1
Highlights.
FOOTBALL SPECIAL: AUSTRALIA V MANCHESTER UNITED
Action from United's tour down under.
LIVE 18 6.OOAM SK2
COPA AMERICA: FINAL
LIVE 18 9.00PM SK2
The showcase event of South American football brings together the flair, passion and spectacle of samba soccer.
FOOTBALL SPECIAL: AUSTRALIA V MANCHESTER UNITED
18 12.OOMIDN'T SK2
COPA AMERICA: FINAL
19 12NOON SK2
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 19 5.00PM ESP
Check up on the future stars of European football in this highly-regarded International tournament.
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 19 5.15PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 20 5.15PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 21 5.15PM ESP
CHAMPIONS LEAGUE
LIVE 21 7.45PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 22 5.15PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 23 5.15PM ESP
EUROPEAN UNDER-18 CHAMPIONSHIP
LIVE 26 5.15PM ESP
CHAMPIONS LEAGUE
LIVE 28 7.45PM ESP

GOLF

EURO TOUR GOLF: MURPHY'S IRISH OPEN
LIVE 1 2.00PM SK3
Catch up with the action from the opening day of the Irish Open at Druids Glen in Dublin
FORD GOLF USA: MOTOROLA WESTERN OPEN
LIVE 1 8.00PM SK3
The event was won by Joe Durant last year.
EURO TOUR GOLF: MURPHY'S IRISH OPEN
1 11.15PM SK1
FORD GOLF USA: MOTOROLA WESTERN OPEN
2 10.00AM SK2
FORD GOLF USA: MOTOROLA WESTERN OPEN
LIVE 2 8.00PM SK3
EURO TOUR GOLF: MURPHY'S IRISH OPEN
2 11.00PM SK3
EURO TOUR GOLF: MURPHY'S IRISH OPEN
LIVE 3 3.00PM SK3
FORD GOLF USA: MOTOROLA WESTERN OPEN
LIVE 3 9.00PM SK3
EURO TOUR GOLF: MURPHY'S IRISH OPEN
3 11.00PM SK1
EURO TOUR GOLF: MURPHY'S IRISH OPEN
LIVE 4 2.30PM SK3
The crucial final day at Druids Glen golf course in Dublin.
FORD GOLF USA: MOTOROLA WESTERN OPEN
LIVE 4 8.00PM SK3
MASTERCARD TOUR: PRINCE'S TOURNAMENT
6 6.30PM SK2
LADIES EUROPEAN TOUR: CHRYSLER OPEN
6 11.00PM ESP
MASTERCARD TOUR: PRINCE'S TOURNAMENT
6 11.15PM SK1
MASTERCARD TOUR: PRINCE'S TOURNAMENT
7 3.30PM SK3
FORD GOLF USA: US SENIOR OPEN
LIVE 8 6.00PM SK2

FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 8 8.00PM SK2
FORD GOLF USA: US SENIOR OPEN
LIVE 8 10.00PM SK2
FORD GOLF USA: US SENIOR OPEN; GREATER MILWAUKEE OPEN
8 2.30AM SK2
EUROPEAN GOLF SKILLS CHALLENGE
9 4.30PM SK3
Costantino Rocca won the event last year.
FORD GOLF USA: US SENIOR OPEN
LIVE 9 6.00PM SK2
The popularity of the Senior Tour continues to grow and a capacity crowd is expected at the Des Moines Golf & Country Club.
FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 9 6.30PM SK3
Day three in the Greater Milwaukee Open.
FORD GOLF USA: GREATER MILWAUKEE OPEN
LIVE 9 8.00PM SK2
FORD GOLF USA: US SENIOR OPEN
LIVE 9 8.30PM SK3
FORD GOLF USA: US SENIOR OPEN
LIVE 9 10.00PM SK2
America's top Seniors meet for this $1.5million event.
FORD GOLF USA: US SENIOR OPEN; GREATER MILWAUKEE OPEN
9 2.30AM SK2
EUROPEAN GOLF SKILLS CHALLENGE
10 1.30AM SK1
EUROPEAN GOLF SKILLS CHALLENGE
11 9.00AM SK1
FORD GOLF USA: US SENIOR OPEN; GREATER MILWAUKEE OPEN
11 12.30PM SK3
EUROPEAN GOLF SKILLS CHALLENGE
11 2.30PM SK2
EUROPEAN GOLF SKILLS CHALLENGE
11 12.30AM SK1
Eight of Europe's top players compete in the $300,000 Golf Skills Challenge at Wentworth.
LPGA 1999: MICHELOB LIGHT CLASSIC
13 7.30PM SK2
US PGA TOUR: MOTOROLA WESTERN OPEN
13 11.00PM ESP
LPGA 1999: MICHELOB LIGHT CLASSIC
13 2.00AM SK1
LPGA 1999: MICHELOB LIGHT CLASSIC
14 11.00AM SK2
All the action from the greens of the Forest Hill Country Club, Misssouri.
LADIES EUROPEAN TOUR: FRENCH OPEN IN BAILLET
15 10.00AM ESP
EUROPEAN GOLF SKILLS CHALLENGE
15 11.30PM SK1
FORMULA ONE DRIVERS CHARITY GOLF DAY
17 5.30PM SK3
Damon Hill, David Coulthard and Eddie Irvine aim to prove that they are as skilful drivers on the fairways as they are on the track.
EUROPEAN GOLF SKILLS CHALLENGE
15 8.00PM SK3
More action from the hugely popular European Golf Skills Challenge.
EUROPEAN GOLF SKILLS CHALLENGE
15 12MIDN'T SK2
EUROPEAN GOLF SKILLS CHALLENGE
16 8.00PM SK3
EUROPEAN GOLF SKILLS CHALLENGE
16 11.30PM SK2
EUROPEAN GOLF SKILLS CHALLENGE
16 3.30AM SK1
LPGA 1999: JAPAN AIRLINES BIG APPLE CLASSIC
20 8.00PM SK3
Round up of the action from the $850,000 tournament being played at the Wykagyl Coutry Club in New York.
PGA SENIOR PLAYERS' CHAMPIONSHIP
20 11.00PM ESP
LPGA 1999: JAPAN AIRLINES BIG APPLE CLASSIC
20 12.30AM SK1
The Wykagyl Country Club in New York once again provides the venue.
LPGA 1999: JAPAN AIRLINES BIG APPLE CLASSIC
21 12.30PM SK1
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 22 10.30AM SK1
Coverage of the opening day of the TNT Dutch Open in Hilversumsche.
LADIES EUROPEAN TOUR: AUSTRIAN OPEN
22 10.30AM ESP
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 22 12.15PM SK1
Many of the world's former greats compete for the prize money of $560,000.
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 22 1.45PM SK1
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 22 4.15PM SK1
EURO TOUR GOLF: TNT DUTCH OPEN; SENIORS BRITISH OPEN
22 8.00PM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
22 10.30PM SK2
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 23 10.30AM SK1
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 23 12.15PM SK1
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 23 1.45PM SK1
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 23 4.15PM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
23 10.30PM SK2
FORD GOLF USA: JOHN DEERE CLASSIC
23 2.30AM SK2
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 24 12.30PM SK1
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 24 3.00PM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
LIVE 24 9.00PM SK3
EURO TOUR GOLF: TNT DUTCH OPEN; SENIORS BRITISH OPEN
24 11.00PM SK1
FORD GOLF USA: JOHN DEERE CLASSIC
24 1.00AM SK1
EURO TOUR GOLF: TNT DUTCH OPEN; SENIORS BRITISH OPEN
25 8.00AM SK1
EURO TOUR GOLF: TNT DUTCH OPEN
LIVE 25 12NOON SK1
EURO TOUR GOLF: SENIORS BRITISH OPEN
LIVE 25 3.00PM SK1
Greats such as Tommy Horton and Bernard Gallacher could be in with a chance of the title.
EURO TOUR GOLF: TNT DUTCH OPEN; SENIORS BRITISH OPEN
25 11.00PM SK2
MASTERCARD TOUR: EAST LOTHIAN CLASSIC
27 7.00PM SK1
Featuring many of European's Golf's brightest hopes.
LPGA 1999: GIANT EAGLE LPGA CLASSIC
27 8.00PM SK3
US PGA TOUR: JOHN DEERE CLASSIC
27 11.00PM ESP
The John Deere Clasic was held on 22-25 July at Oakwood Country Club in Coal Valley, Illinois.
MASTERCARD TOUR: EAST LOTHIAN CLASSIC
27 12.30AM SK1
MASTERCARD TOUR – EAST LOTHIAN CLASSIC
28 11.00AM SK1
LADIES EUROPEAN TOUR: GERMAN OPEN
29 11.00AM ESP
This is the sixth tournament of the 1999 Ladies' European Tour held in Germany on 22-25 July. The prize fund amounts to £100,000. Last year, England's Lora Fairclough won her first German Open title after leading from the start.
FORD GOLF USA: CANON GREATER HARTFORD OPEN
LIVE 29 9.00PM SK3
Olin Browne was the surprise winner last year.
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 30 10.30AM SK3
FORD GOLF USA: CANON GREATER HARTFORD OPEN
LIVE 30 9.00PM SK3
Action from day two of the $2million Canon
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
30 12MIDN'T SK1
FORD GOLF USA: CANON GREATER HARTFORD OPEN
30 3.00AM SK2
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 31 10.30AM SK3
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
LIVE 31 3.00PM SK3
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
31 8.00PM SK1
FORD GOLF USA: CANON GREATER HARTFORD OPEN
31 10.00PM SK2
EURO TOUR GOLF: SMURFIT EUROPEAN OPEN
31 12MIDN'T SK1

GREYHOUND RACING

DOG NIGHT LIVE
LIVE 2 9.00PM LIVE
Louise Brady presents greyhound racing action from around the country.
DOG NIGHT LIVE
LIVE 5 9.00PM LIVE
DOG NIGHT LIVE
LIVE 9 9.00PM LIVE
DOG NIGHT LIVE
LIVE 12 9.00PM LIVE
DOG NIGHT LIVE
LIVE 16 9.00PM LIVE
DOG NIGHT LIVE
LIVE 19 9.00PM LIVE
GREYHOUND RACING
LIVE 21 8.00PM SK1
DOG NIGHT LIVE
LIVE 23 9.00PM LIVE
DOG NIGHT LIVE
LIVE 26 9.00PM LIVE
WILLIAM HILL GOLD CUP
LIVE 27 8.00PM SK1
This prestigious £3,000 race is held at Wimbledon over 660 metres and acts as a valuable form guide for November's St Leger which is held over the same course and distance.
DOG NIGHT LIVE
LIVE 30 9.00PM LIVE

HORSE RACING

THE WINNING POST: HAYDOCK/SALISBURY
LIVE 2 6.30PM SK2
Jeff Stelling introduces a full race card.
THE WINNING POST: CARLISLE/NOTTINGHAM
LIVE 3 6.30PM SK2
THE WINNING POST: NEWTON ABBOT/ RIPON
LIVE 5 6.30PM SK2
THE WINNING POST: EPSOM/WORCESTER
LIVE 7 6.30PM SK3
THE WINNING POST: CHEPSTOW/HAMILTON
LIVE 9 6.30PM SK3
THE WINNING POST: WINDSOR/ WOLVERHAMPTON
LIVE 12 6.30PM SK2
THE WINNING POST: DONCASTER/ KEMPTON/ WORCESTER
LIVE 14 6.30PM SK2
THE WINNING POST: NEWMARKET/ PONTEFRACT
LIVE 16 6.30PM SK2
THE WINNING POST: REDCAR/WARWICK
LIVE 17 6.00PM SK2
THE WINNING POST: BEVERLEY/WINDSOR
LIVE 19 6.30PM SK3
Jeff Stelling presents live action from Beverley and Windsor.
THE WINNING POST: LEICESTER/SANDOWN
LIVE 21 6.00PM SK3
THE WINNING POST: CHEPSTOW/ NEWMARKET
LIVE 23 6.30PM SK3
THE WINNING POST: LINGFIELD/REDCAR
LIVE 24 6.30PM SK3
THE WINNING POST: WINDSOR/YARMOUTH
LIVE 26 6.00PM SK3
THE WINNING POST: DONCASTER/EPSOM
LIVE 28 6.00PM SK3
THE WINNING POST: NEWMARKET/ SALISBURY
LIVE 30 6.00PM SK3
THE WINNING POST: HAMILTON/ MARKET RASEN
LIVE 31 6.00PM SK3

MOTORCYCLING

BRITISH GRAND PRIX
LIVE 2 12.30PM ESP
BRITISH GRAND PRIX
LIVE 2 1.00PM ESP
BRITISH GRAND PRIX
LIVE 2 2.15PM ESP
BRITISH GRAND PRIX
LIVE 2 3.15PM ESP
BRITISH GRAND PRIX
2 10.00PM ESP
BRITISH GRAND PRIX
LIVE 3 12.30PM ESP
BRITISH GRAND PRIX
LIVE 3 1.00PM ESP
BRITISH GRAND PRIX
LIVE 3 2.15PM ESP
BRITISH GRAND PRIX
LIVE 3 3.15PM ESP
SPEEDWAY: POLAND GRAND PRIX
LIVE 3 6.00PM SK3
BRITISH GRAND PRIX
3 10.00PM ESP
BRITISH GRAND PRIX
LIVE 4 9.30AM ESP
BRITISH GRAND PRIX
LIVE 4 10.30AM ESP
BRITISH GRAND PRIX
LIVE 4 11.00AM ESP
BRITISH GRAND PRIX
4 6.30PM SK3
BRITISH GRAND PRIX
4 12.30AM SK2
BRITISH GRAND PRIX
5 3.30PM SK3
SPEEDWAY: ELITE SPEEDWAY LEAGUE
LIVE 7 7.30PM SK2
SPEEDWAY: ELITE SPEEDWAY LEAGUE
7 2.30AM SK1
SPEEDWAY: ELITE SPEEDWAY LEAGUE
8 1.00PM SK1
ISLE OF MAN TT RACES
9 6.00PM ESP
Highlights from the world-famous road race meeting.
SUPERBIKE
LIVE 10 7.00PM ESP
MOTOCROSS
11 5.15PM ESP
SUPERBIKE
LIVE 11 7.30PM SK1
SUPERBIKE
LIVE 11 10.15PM ESP
SUPERBIKE
11 11.00PM ESP

EUROSPORT

Noriyuki Haga races at Laguna Seca. Eurosport Saturday 10th 7.00pm – Live

SUPERBIKE
LIVE 11 11.30PM ESP
1999 FIM WORLD SPEEDWAY CHAMPIONSHIP GRAND PRIX
12 7.00PM ESP
MOTOCROSS
15 6.30PM SK1
SPEEDWAY: ELITE SPEEDWAY LEAGUE
LIVE 15 7.30PM SK2
SPEEDWAY: ELITE SPEEDWAY LEAGUE
15 2.30AM SK2
SPEEDWAY: ELITE SPEEDWAY LEAGUE
16 11.00AM SK2
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 16 11.30AM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 16 12NOON ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 16 1.00PM ESP
Coverage of the 500cc qualifying rounds at Sachsenring.
SPEEDWAY: ELITE SPEEDWAY LEAGUE
16 3.30PM SK3
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
16 5.30PM ESP
A round-up of the day's action in Sachsenring.
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
16 10.15PM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 17 11.30AM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 17 12NOON ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 17 1.00PM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
17 7.45PM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
17 10.15PM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 18 8.30AM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 18 9.30AM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
LIVE 18 10.00AM ESP
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
18 10.00PM SK1
Action from the German Motorcycle Grand Prix in Sachsenring.
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
19 10.00AM SK1
Kenny Roberts Jr emerged as the surprise leader in the 500c category after the opening rounds of the championship.
WORLD CHAMPIONSHIP: GERMAN GRAND PRIX
19 2.00PM SK3
Mick Doohan is the reigning 500cc world champion, but his crash in Spain last May blew the championship race wide open.
MOTOCROSS
22 12NOON ESP
SPEEDWAY: ELITE SPEEDWAY LEAGUE
LIVE 22 7.30PM SK3
SPEEDWAY: ELITE SPEEDWAY LEAGUE
22 1.30AM SK2
An intriguing mix of past and present world champions and raw speed-merchants.
SPEEDWAY: ELITE SPEEDWAY LEAGUE
23 11.30AM SK2
CHAMP CARS: FEDEX CHAMPIONSHIP
LIVE 25 6.45PM ESP
SPEEDWAY: ELITE SPEEDWAY LEAGUE
LIVE 28 7.30PM SK3
SPEEDWAY: ELITE SPEEDWAY LEAGUE
28 3.00AM SK2
SPEEDWAY: ELITE SPEEDWAY LEAGUE
29 1.00PM SK1
SUPERBIKE: WORLD CHAMPIONSHIP
LIVE 31 10.45AM ESP
Trackside action from Brands Hatch.
SUPERBIKE: EUROPE QUALIFYING
LIVE 31 3.00PM SK2
SPEEDWAY: GREAT BRITAIN GRAND PRIX
LIVE 31 7.30PM SK3
SUPERBIKE: EUROPE QUALIFYING
31 4.00AM SK1

MOTOR RACING

FORMULA THREE
1 7.00PM SK1
FORMULA THREE
1 9.00PM SK1
FORMULA THREE
1 3.45AM SK1
LEGENDS CARS
4 12NOON SK3
LEGENDS CARS
4 6.00PM SK3
Paul Hughes is looking to make it a hat-trick of wins but he will be chased all the way to the finish by John Mickel, Garry Thomas and Daren Hills.
NASCAR
4 7.00PM ESP
Winston Cup Series in Sears Point, USA.
LEGENDS CARS
4 11.30PM SK3
FOUR WHEELS DRIVE
6 6.30PM ESP
GRAND TOURING
6 7.00PM ESP
LEGENDS CARS
8 6.00PM SK3
FORMULA THREE
8 6.30PM SK3
FORMULA THREE
8 9.00PM SK1
FORMULA THREE
8 12MIDN'T SK1
FORMULA THREE
8 2.00AM SK2
FORMULA THREE
9 1.30PM SK2
AMERICAN LE MANS SERIES
9 7.00PM ESP
FORMULA 3000
LIVE 10 2.45PM ESP
All the action from Silverstone.
LEGENDS CARS
11 12NOON SK3
LEGENDS CARS
11 3.30PM SK3
High-octane action from Brands Hatch.
CAR RACING: OPEN FORTUNA
11 6.00PM ESP
CHAMP CARS
LIVE 11 7.00PM ESP
LEGENDS CARS
11 7.00PM SK1
LEGENDS CARS
12 9.30AM SK1
FORMULA THREE
15 6.00PM SK3
Silverstone, Brands Hatch and Donington are the stage for up-and-coming stars aspiring to the Formula One circuit.
FORMULA THREE
15 10.00PM SK2
FORMULA THREE
15 2.30AM SK1
FIA WORLD RALLY CHAMPIONSHIP
16 11.15AM ESP
FORMULA THREE
16 2.00PM SK2
FIA WORLD RALLY CHAMPIONSHIP
17 11.15AM ESP
FIA WORLD RALLY CHAMPIONSHIP
18 8.15AM ESP
INDY RACE LEAGUE: ATLANTA
18 2.00PM SK3
NASCAR
18 5.45PM ESP
LEGENDS CARS
18 6.30PM SK1
CHAMP CARS: FEDEX CHAMPIONSHIP
LIVE 18 7.00PM ESP
High-speed racing action from the 11th round of the FedEx Championship Series in Ontario, Canada.
INDY RACE LEAGUE: ATLANTA
18 7.00PM SK2
EUROPEAN DRAG RACING
18 12MIDN'T SK1
LEGENDS CARS
18 12.30AM SK2
INDY RACE LEAGUE: ATLANTA
18 1.00AM SK2
INDY RACE LEAGUE: ATLANTA
19 8.00AM SK2
INDY RACE LEAGUE: ATLANTA
19 12NOON SK3
FIA WORLD RALLY CHAMPIONSHIP
19 10.00PM ESP
TOURING CAR
20 4.15PM ESP
GRAND TOURING
20 7.00PM ESP
DRAG RACING
22 6.00PM SK2
FORMULA THREE
22 6.30PM SK2
FORMULA THREE
22 7.00PM SK1
FORMULA THREE
22 1.30AM SK2
FORMULA THREE
23 10.30AM SK2
FORMULA 3000
LIVE 24 1.45PM ESP
Coverage of the FIA Formula 3000 International Championship in Spielberg, Austria.
DRAG RACING
25 10.30PM SK2
FORMULA THREE
29 5.30PM SK3
DRAG RACING
29 6.0PM SK3
FORMULA THREE
29 8.00PM SK1
FORMULA THREE
29 11.15PM SK1
FORMULA THREE
30 1.30PM SK2
FORMULA 3000
LIVE 31 1.45PM ESP
LEGENDS CARS
31 5.00AM SK2

POOL

INTERNATIONAL POOL MASTERS QUARTER-FINAL
5 2.00PM SK3
Highlights from the Stakis Hotel in Bradford as the quarter final stage of the competition commences.
INTERNATIONAL POOL MASTERS QUARTER-FINAL
6 2.00PM SK3
Featuring some of the finest players in England.
INTERNATIONAL POOL MASTERS SEMI-FINAL
7 2.00PM SK3
INTERNATIONAL POOL MASTERS SEMI-FINAL
8 2.00PM SK3
INTERNATIONAL POOL MASTERS FINAL
9 2.00PM SK3
WORLD POOL CHAMPIONSHIP
LIVE 17 2.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 17 7.00PM SK3
WORLD POOL CHAMPIONSHIP
LIVE 18 2.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 18 7.00PM SK3
WORLD POOL CHAMPIONSHIP
LIVE 19 2.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 19 7.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 20 2.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 21 2.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 21 7.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 22 2.00PM SK2
From Cardiff.
WORLD POOL CHAMPIONSHIP
LIVE 22 7.00PM SK2
WORLD POOL CHAMPIONSHIP
LIVE 23 2.00PM SK2
WORLD POOL CHAMPIONSHIP QUARTER-FINALS
LIVE 23 2.00PM SK2
Live coverage from the Cardiff International Arena.
WORLD POOL CHAMPIONSHIP
LIVE 23 7.00PM SK2
WORLD POOL CHAMPIONSHIP QUARTER-FINALS
LIVE 23 7.00PM SK2
WORLD POOL CHAMPIONSHIP SEMI-FINALS
LIVE 25 2.00PM SK2
The 1999 World Pool Championships reach the semi-final stage with live coverage from the Cardiff International Arena.
WORLD POOL CHAMPIONSHIP FINAL
LIVE 25 7.00PM SK2

ROWING

ROWING: WORLD CUP
LIVE 11 12.30PM ESP

RUGBY LEAGUE

SUPER LEAGUE
LIVE 2 7.00PM SK1
SUPER LEAGUE
2 1.30AM SK1
SUPER LEAGUE
3 6.00AM SK1
SUPER LEAGUE
3 9.30AM SK1
AUSTRALIAN RUGBY LEAGUE
LIVE 3 10.30AM SK3
AUSTRALIAN RUGBY LEAGUE
3 8.00PM SK1
AUSTRALIAN RUGBY LEAGUE
LIVE 9 10.30AM SK3
SUPER LEAGUE
LIVE 9 7.00PM SK1
SUPER LEAGUE
9 12.30AM SK1
SUPER LEAGUE
10 6.00AM SK1
RUGBY LEAGUE WORLD
14 8.00PM SK3
SUPER LEAGUE
LIVE 16 7.00PM SK1
SUPER LEAGUE
16 11.00PM SK3
SUPER LEAGUE
16 1.30AM SK2
SUPER LEAGUE
17 6.00AM SK1
AUSTRALIAN RUGBY LEAGUE
17 9.00AM SK1
SUPER LEAGUE
LIVE 18 7.30PM SK1
SUPER LEAGUE
18 12.30AM SK1
SUPER LEAGUE
LIVE 23 7.00PM SK1
SUPER LEAGUE
23 12.30AM SK2
AUSTRALIAN RUGBY LEAGUE
LIVE 24 10.30AM SK1
AUSTRALIAN RUGBY LEAGUE
24 6.00PM SK1
SUPER LEAGUE
LIVE 25 7.30PM SK1
SUPER LEAGUE
25 1.00AM SK2
SUPER LEAGUE
26 12.30PM SK1
SUPER LEAGUE
LIVE 30 7.00PM SK1
SUPER LEAGUE
30 2.00AM SK1
AUSTRALIAN RUGBY LEAGUE
31 8.30AM SK1

RUGBY UNION

TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
LIVE 9 3.30AM SK1
All the action from this 'clash of the titans' as the mighty All Blacks lock horns with the all-conquering Springboks.
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
10 8.30AM SK1
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
10 2.30AM SK3
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
10 8.00PM SK1
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
LIVE 17 11.00AM SK3
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
17 6.00PM SK1
TRI-NATIONS: NEW ZEALAND V SOUTH AFRICA
18 6.00AM SK1
NEW ZEALAND V AUSTRALIA
24 8.30AM SK1
TRI-NATIONS: NEW ZEALAND V AUSTRALIA
24 1.30PM SK3
TRI-NATIONS: NEW ZEALAND V AUSTRALIA
25 4.00AM SK2

SNOOKER

PREMIER SNOOKER LEAGUE
6 8.00PM SK3
The tournament takes place between January and May and is a show case for the sport's biggest names. Excitement is guaranteed right until the end of the 17 frame final as the likes of Ronnie O'Sullivan, John Higgins, Stephen Hendry and defending champion Ken Doherty aim to outwit one another on the green baize.
PREMIER SNOOKER LEAGUE
6 12.30AM SK1
PREMIER SNOOKER LEAGUE
6 9.00PM SK3
PREMIER SNOOKER LEAGUE
7 11.00AM SK2
PREMIER SNOOKER LEAGUE
8 4.00PM SK3
PREMIER SNOOKER LEAGUE
13 8.00PM SK3
PREMIER SNOOKER LEAGUE
13 12MIDN'T SK1
PREMIER SNOOKER LEAGUE
14 12.30PM SK1
PREMIER SNOOKER LEAGUE
14 4.30PM SK3
PREMIER SNOOKER LEAGUE
27 4.00PM SK3
PREMIER SNOOKER LEAGUE
27 10.15PM SK1
PREMIER SNOOKER LEAGUE
28 1.00PM SK1
Action from cities around the United Kingdom.

SWIMMING

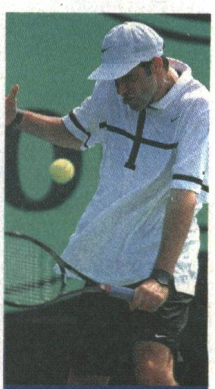
DISABLED LONGCOURSE CHAMPIONSHIPS
8 8.00PM SK3
DISABLED LONGCOURSE CHAMPIONSHIPS
9 4.00PM SK3
EUROPEAN CHAMPIONSHIPS
LIVE 23 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 23 10.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 23 1.00PM ESP
EUROPEAN CHAMPIONSHIPS
23 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 24 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 24 12NOON ESP
EUROPEAN CHAMPIONSHIPS
24 5.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 24 6.00PM ESP
EUROPEAN CHAMPIONSHIPS
24 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 25 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 25 12NOON ESP
EUROPEAN CHAMPIONSHIPS
25 6.00PM ESP
EUROPEAN CHAMPIONSHIPS
25 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 26 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 26 10.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 26 12NOON ESP
EUROPEAN CHAMPIONSHIPS
LIVE 26 2.45PM ESP
EUROPEAN CHAMPIONSHIPS
26 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 27 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 27 12NOON ESP
EUROPEAN CHAMPIONSHIPS
LIVE 27 2.45PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 27 5.30PM ESP
EUROPEAN CHAMPIONSHIPS
27 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 28 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 28 10.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 28 12NOON ESP
EUROPEAN CHAMPIONSHIPS
LIVE 28 2.45PM ESP
EUROPEAN CHAMPIONSHIPS
28 9.45PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 29 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 29 12NOON ESP
EUROPEAN CHAMPIONSHIPS
LIVE 29 2.45PM ESP
EUROPEAN CHAMPIONSHIPS
29 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 30 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 30 9.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 30 12NOON ESP
EUROPEAN CHAMPIONSHIPS
LIVE 30 2.45PM ESP
Finals: 1500m Free (M), 100m Back (W), 200m Free (M), 50m Breast (W), 50m Breast (M), 100m Fly (W).
EUROPEAN CHAMPIONSHIPS
30 10.00PM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 31 7.30AM ESP
EUROPEAN CHAMPIONSHIPS
LIVE 31 12NOON ESP
EUROPEAN CHAMPIONSHIPS
31 5.30PM ESP
Finals: 50m back (W), 200m Breast (W), 50m free (M), 200m Fly (W), 4X200m Free (M).
EUROPEAN CHAMPIONSHIPS
LIVE 31 6.30PM ESP
EUROPEAN CHAMPIONSHIPS
31 10.00PM ESP

TABLE TENNS

BRAZILIAN OPEN
16 6.00PM SK3
BRAZILIAN OPEN
18 4.00PM SK3
China's Guoliang Liu is the current men's number one. Compatriot Nan Wang heads the ladies' rankings.
BRAZILIAN OPEN
18 10.30PM SK3
BRAZILIAN OPEN
19 3.00PM SK1
BRAZILIAN OPEN
21 12NOON SK2

TENNIS

ATP TOURNAMENT
LIVE 6 10.00AM ESP
Action from the Rado Swiss Open which is held between 5th and 11th July in Gstaad.
ATP TOURNAMENT
LIVE 7 10.00AM ESP
ATP TOURNAMENT
LIVE 8 10.00AM ESP
ATP TOURNAMENT
LIVE 9 10.00AM ESP
ATP TOURNAMENT
LIVE 10 10.00AM ESP
ATP TOURNAMENT
LIVE 11 10.00AM ESP
ATP TOURNAMENT
19 11.30AM ESP
ATP TOURNAMENT
21 11.00PM ESP
ATP TOURNAMENT
22 11.00PM ESP
ATP TOURNAMENT
23 11.00PM ESP
ATP TOURNAMENT
24 11.00PM ESP
ATP TOURNAMENT
25 11.00PM ESP
ATP TOURNAMENT
LIVE 28 12.45PM ESP
From Kitzbühel, Austria.
ATP TOURNAMENT
28 4.45PM ESP
ATP TOURNAMENT
LIVE 29 12.45PM ESP
ATP TOURNAMENT
29 5.00PM ESP
ATP TOURNAMENT
LIVE 30 12.45PM ESP
ATP TOURNAMENT
31 3.30PM ESP
WTA TOURNAMENT
LIVE 31 8.00PM ESP
ATP TOURNAMENT
31 9.30PM ESP



EUROSPORT

Greg Rusedski plays at the ATP, Gstaad. Eurosport from Tuesday 6th 10.00am – Live

FILM PLANNER

Here's our alphabetical at-a-glance planner to July's films on Sky Premier, Sky MovieMax, Sky Cinema, FilmFour, TNT and Disney. For full details and times, please refer to the daily listings. **PREMIERE:** first showing on British TV. **WIDESCREEN:** a film shown in letterbox format. **LAST PLAY:** last showing on the channel indicated. **SUBTITLED:** a film subtitled on Page 888 of SKYTEXT. **DS:** Dolby Surround. Figures denote date of the month.

★★★ Unmissable ★★★★ Good ★★★ Quite good ★★ Average ★ Awful

ANIMATION

BEAVIS AND BUTT-HEAD DO AMERICA 18 Sky MovieMax SUBTITLED ★★★★

THE BRAVE LITTLE TOASTER TO THE RESCUE 12 Disney SUBTITLED ★★★

PETE'S DRAGON 25 Sky Premier ★★★★

POCAHONTAS 3 Disney SUBTITLED ★★★

THE SECOND JUNGLE BOOK: MOWGLI & BALOO Duncan McLachlan **18, 24, 29 Sky Premier** SUBTITLED PREMIERE ★★★

THE SWAN PRINCESS: THE SECRET OF THE CASTLE 29 Sky Premier ★★★

COMEDY

THE ABSENT-MINDED PROFESSOR 1, 21, 31 Sky Cinema ★★★

THE ADDAMS FAMILY Anjelica Huston **28 Sky Premier** ★★★★

ADDICTED TO LOVE Meg Ryan **9, 26 Sky Premier** SUBTITLED ★★★★

THE ADVENTURE OF SHERLOCK HOLMES' SMARTER BROTHER 19 Sky MovieMax ★★★★

THE ADVENTURES OF RAGTIME Shelley Long, Jay Thomas **12 Sky Premier** ★★★

ALMOST AN ANGEL Paul Hogan **7 Sky Premier** ★★

THE ASSOCIATE 25 Sky MovieMax SUBTITLED ★★

AUSTIN POWERS: INTERNATIONAL MAN OF MYSTERY 30 Sky Premier SUBTITLED ★★★★

BEAN 24 Sky Premier SUBTITLED ★★★

THE BEAUTICIAN AND THE BEAST Ken Kwapis **11, 17 Sky Premier** SUBTITLED PREMIERE ★★★

THE BEAUTIFUL BLONDE FROM BASHFUL BEND 8 FilmFour SUBTITLED ★★★

THE BEST HOUSE IN LONDON 31 TNT ★★★

BEVERLY HILLS COP 10 Sky Premier ★★★

BHAJI ON THE BEACH 8 FilmFour SUBTITLED ★★★

BIG Tom Hanks **18, 29 Sky Premier** ★★★

BLOCK-HEADS Stan Laurel, Oliver Hardy, Patricia Ellis **1 Sky Cinema** ★★★

BOGUS Whoopi Goldberg, Gerard Depardieu **9, 22 Sky Premier** SUBTITLED ★★★

THE BOHEMIAN GIRL 22 Sky Cinema ★★★

THE BOMBER BOYS Martin Sheen, Joe Mantegna, Joe Piscopo **10, 20 Sky Premier** ★★★

BRASSED OFF 5 FilmFour SUBTITLED ★★★★

BUDDY BUDDY 7 TNT ★★★

CARNAL KNOWLEDGE 6, 11 Sky Cinema ★★★★

CARPOOL Tom Arnold **28 Sky Premier** SUBTITLED ★★★

DAY FOR NIGHT 6 FilmFour SUBTITLED ★★★

THE DISORDERLY ORDERLY 7 Sky Cinema ★★★

DON'T TELL MOM THE BABYSITTER'S DEAD 2 FilmFour SUBTITLED ★★★

DRACULA: DEAD AND LOVING IT Leslie Nielsen **7 Sky MovieMax** SUBTITLED ★★

EARTHLY POSSESSIONS Susan Sarandon **7 Sky Premier** PREMIERE ★★★★

EVERYTHING YOU EVER WANTED TO KNOW ABOUT SEX 10, 27 FilmFour SUBTITLED ★★★

EXCESS BAGGAGE Alicia Silverstone **16 Sky MovieMax** SUBTITLED PREMIERE ★★★

FAMILY PLAN 8 Sky Premier SUBTITLED ★★★

FATHERS' DAY Robin Williams Billy Crystal **22, 28 Sky Premier** SUBTITLED ★★★

FEEL THE FORCE 4 Sky Premier ★★★

FIERCE CREATURES John Cleese, Jamie Lee Curtis **1 Sky Premier** SUBTITLED ★★★

THE FIRST WIVES CLUB Goldie Hawn, Bette Midler **29 Sky MovieMax** SUBTITLED ★★★

FOUR EYES AND SIX GUNS 25 TNT ★★★

FROG AND WOMBAT Ronny Cox, Lindsay Wagner Katie Stuart, **23 Sky Premier** ★★★

THE FULL MONTY Robert Carlyle, Tom Wilkinson **2 Sky Premier** SUBTITLED ★★★★

GEORGE OF THE JUNGLE Brendan Fraser, Leslie Mann **4, 10, 23 Sky Premier** PREMIERE ★★★

GOING MY WAY Bing Crosby **3 Sky Cinema** ★★★

GOING UNDER Bill Pullman **1, 12, 23 Sky Premier** ★★★

GONE FISHIN' Joe Pesci **4 Sky MovieMax** SUBTITLED ★★

GREEN CARD Gerard Depardieu, Andie MacDowell **7, 22 Sky Premier** ★★★

GROSSE POINTE BLANK John Cusack, Minnie Driver **2, 15 Sky Premier** SUBTITLED ★★★

A GUIDE FOR THE MARRIED MAN Walter Matthau, Sid Caesar **19 Sky Cinema** ★★★

HAIL THE CONQUERING HERO Eddie Bracken **10 Sky Cinema** ★★★

HARRIET THE SPY Michelle Trachtenberg **26 Sky Premier** SUBTITLED DS ★★

HEAD Micky Dolenz, David Jones **11 FilmFour** SUBTITLED ★★★★

HEAD ABOVE WATER Harvey Keitel, Cameron Diaz **8 Sky Premier** SUBTITLED ★★★★

HEAD OF THE FAMILY Blake Bailey **11 Sky MovieMax** ★★★

HEAR MY SONG Brian Flanagan **6, 30 FilmFour** SUBTITLED ★★★

HERBIE GOES TO MONTE CARLO Jim Douglas **26 Disney** ★★★

HI HONEY, I'M DEAD Curtis Armstrong, Catherine Hicks **2, 11, 24 Sky MovieMax** ★★

THE HIDDEN FORTRESS 3 FilmFour ★★★

HIGH ANXIETY Mel Brooks **15 FilmFour** SUBTITLED ★★★★

HOME ALONE Macaulay Culkin **10, 19, 25 Sky Premier** ★★★

HOME ALONE 3 Alex D Linz, Olek Krupa **3, 12 Sky Premier** SUBTITLED DS ★★★

HOME FOR THE HOLIDAYS 17 Sky Premier SUBTITLED ★★

HOUSE ARREST Jamie Lee Curtis **26 Sky Premier** ★★★

I'LL NEVER FORGET WHAT'S 'IS NAME Orson Welles **19 Sky Cinema** ★★★★

I'M NOT RAPPAPORT Walter Matthau, Ossie Davis **7, 22 Sky Premier** ★★★

IT TAKES TWO Kirstie Alley, Steve Guttenberg, Mary-Kate **30 Sky Premier** ★★★

JANE AND THE LOST CITY 13 Sky Premier ★★

JINGLE ALL THE WAY Arnold Schwarzenegger **23, 29 Sky Premier** SUBTITLED DS ★★

JUST LIKE DAD Wallace Shawn, Ben Diskin **8, 16, 27 Sky Premier** ★★★

KILLING TIME Kendra Torgan, Craig Fairbrass **19 Sky MovieMax** ★★★

KISS ME GUIDO Nick Scotti, Anthony Barrile **14 Sky MovieMax** SUBTITLED ★★

THE LAST OF THE HIGH KINGS Catherine O'Hara **7 Sky Premier** ★★★

LATE FOR DINNER 12 FilmFour ★★★

LET'S RUIN DAD'S DAY Judge Reinhold **14 Sky Premier** ★★★

LICENSE TO DRIVE Corey Haim **25 Sky MovieMax** ★★★

A LIFE LESS ORDINARY Ewan McGregor, Cameron Diaz **16 FilmFour** ★★★

LOVERBOY Patrick Dempsey **23 Sky MovieMax** ★★

M.A.S.H Donald Sutherland **21 Sky Cinema** ★★★★

MAGIC TOWN James Stewart **2 Sky Cinema** ★★★

THE MAN WITH TWO BRAINS Steve Martin **10, 24 FilmFour** SUBTITLED ★★★★

MARS ATTACKS! Jack Nicholson **5 Sky MovieMax** SUBTITLED DS ★★★★

MCHALE'S NAVY Tom Arnold Tim Curry **2, 10, 25 Sky MovieMax** PREMIERE ★★

MEMOIRS OF AN INVISIBLE MAN Chevy Chase **16 FilmFour** ★★★

MICHAEL John Travolta **4 Sky Premier** SUBTITLED DS ★★★

MIDNIGHT RUN Robert De Niro, Charles Grodin **15 Sky Cinema** DS ★★★★

A MILLIONAIRE FOR CHRISTY Fred MacMurray **11 Sky Cinema** ★★★

THE MISSIONARY 27 FilmFour SUBTITLED ★★★★

MONKEY BUSINESS Cary Grant, Ginger Rogers **9, 24 Sky Cinema** ★★★★

MONSIEUR VERDOUX Charles Chaplin, Martha Raye **10 Sky Cinema** ★★★

MR LUCKY Cary Grant **7 Sky Cinema** ★★★

MR RELIABLE 3, 25 Sky MovieMax SUBTITLED ★★★

MR MUM Michael Keaton, Teri Garr **8 Sky Premier** ★★★

THE MUNSTERS' SCARY LITTLE CHRISTMAS 12 Sky Premier ★★

MY MAN GODFREY 3, 22 Sky Cinema ★★★

MY STEPMOTHER IS AN ALIEN Kim Basinger, Dan Aykroyd **6, 14 FilmFour** SUBTITLED ★★★

IN THE FRAME

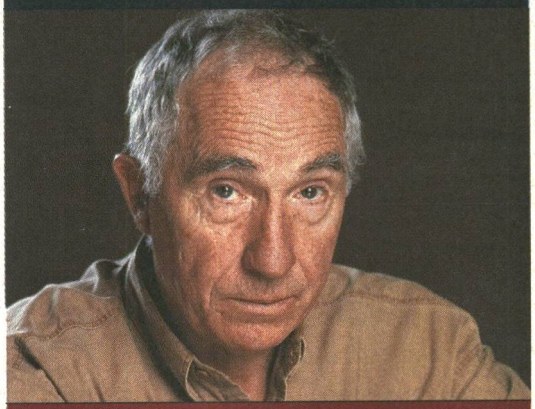


PHOTO: REX FEATURES

SIR NIGEL HAWTHORNE

What's your favourite movie musical and why?

Singin' in the Rain. It's got the best of everything in it. An all-time classic

Who's you favourite actor?

Jim Broadbent. There's nothing he can't do. He's funny and sad, vulnerable and silly – a national treasure.

Who is your favourite actress?

Ingrid Bergman. I worked with her once when she was very ill. She was the bravest person I've ever met. She was also a fantastic actress.

What is your first movie memory?

Seeing S*now White and the Seven Dwarfs*. It made me want to work for Disney as an animator. How old does that make me?

What's the scariest moment you've seen on film?

Think of nitro-glycerine and then watch the French classic *The Wages of Fear*. Nearly every moment is heart-stopping. Quite an old film.

What's your favourite comedy?

Bringing up Baby. The speed is breathtaking. Katharine Hepburn and Cary Grant at their very best. Old again.

What's your favourite weepie and why?

The Old Maid, starring Bette Davis and Miriam Hopkins. It's deeply moving – especially considering how much they hated one another. A very old film.

What's your favourite action movie and why?

The Wages of Fear. Watch it and see for yourself. Quite an old film.

What's your favourite movie quote?

'I think I'll go milk the elk.' WC Fields in *The Fatal Glass of Beer*.

For a preview of FilmFour's Made in Britain season, see pages 10-11.

NATIONAL LAMPOON'S THE DON'S ANALYST 16 Sky MovieMax ★★★
NEVER TOO LATE Olympia Dukakis 17 Sky Premier ★★★
92 IN THE SHADE Peter Fonda 11 Sky Cinema ★★★
NOAH Tony Danza 22 Disney SUBTITLED ★★★
NUNS ON THE RUN Eric Idle 3, 27 FilmFour SUBTITLED ★★
OUR RELATIONS 17 Sky Cinema ★★★★
OUTSIDE CHANCE OF MAXIMILIAN GLICK 10, 26 Sky MovieMax ★★
THE PALLBEARER David Schwimmer 15 Sky Premier SUBTITLED ★★★
THE PERILS OF PAULINE 1 Sky Cinema ★★★
THE PEST 8 Sky MovieMax SUBTITLED ★★★
PETER'S FRIENDS 21 FilmFour SUBTITLED ★★★
THE PHILADELPHIA STORY Cary Grant 7 TNT ★★★★
PICTURE PERFECT 31 Sky Premier SUBTITLED ★★
PINK LIGHTNING Sarah Buxton 6 Sky MovieMax ★★
POLICE ACADEMY 6: CITY UNDER SIEGE Bubba Smith 9 Sky MovieMax ★★
THE PREACHER'S WIFE Whitney Houston 27 Sky Premier SUBTITLED ★★★
A PRIVATE FUNCTION 22 FilmFour SUBTITLED ★★★★
PRIVATES ON PARADE John Cleese 10, 25 FilmFour ★★★
PROMISE HER ANYTHING 26 Sky Cinema ★★★
RITA, SUE AND BOB TOO 22 FilmFour SUBTITLED ★★★★
ROAD TO SINGAPORE Bing Crosby 24 Sky Cinema ★★★
ROAD TO UTOPIA Bob Hope 3 Sky Cinema ★★★★
SABRINA GOES TO ROME Melissa Joan Hart 6, 16 Sky Premier ★★★
A SAINTLY SWITCH 5 Disney SUBTITLED ★★★
SAPS AT SEA Stan Laurel 3 Sky Cinema ★★★
THE SECRET AGENT CLUB 3, 9, 20 Sky Premier ★★★
SESAME STREET PRESENTS: FOLLOW THAT BIRD Carroll Spinney, Jim Henson 27 Sky Premier ★★★
SEX AND THE SINGLE GIRL 9 Sky Cinema ★★★★
SHOOTING FISH Stuart Townsend 7 Sky Premier SUBTITLED ★★★★
SIBLING RIVALRY 5, 23, 29 FilmFour SUBTITLED ★★★
SLEEPER 10, 26 FilmFour SUBTITLED ★★★★
SLITHER 27 TNT ★★★
SNOWBOARD ACADEMY Corey Haim, Brigitte Nielsen 17 Sky MovieMax ★★★
SONS OF THE DESERT Stan Laurel 25 Sky Cinema ★★★★
SPACE JAM 24 Sky Premier SUBTITLED ★★★★
SPICEWORLD THE MOVIE 18 Sky MovieMax SUBTITLED ★★★
SPRUNG Tisha Campbell 7 Sky MovieMax SUBTITLED PREMIERE ★★★★
STEP LIVELY Frank Sinatra 13 Sky Cinema ★★★
STOP! OR MY MOM WILL SHOOT Sylvester Stallone 5, 14 Sky Premier ★★
TAKE YOUR BEST SHOT Robert Urich 7, 20, 29 Sky MovieMax ★★★
TAMMY & THE BACHELOR 10 Sky Cinema ★★★
THAT OLD FEELING Bette Midler Dennis Farina 14, 26 Sky Premier ★★★
THE THIEF WHO CAME TO DINNER 4 Sky Cinema ★★★
'TIL THERE WAS YOU 6, 23 Sky Premier SUBTITLED PREMIERE ★★★
A TOUCH OF LARCENY 17 Sky Cinema ★★★
TRIAL AND ERROR 25 Sky MovieMax SUBTITLED ★★★
TWO MUCH 26 Sky MovieMax SUBTITLED ★★★
VEGAS VACATION Chevy Chase 4 Sky MovieMax SUBTITLED ★★★
A VERY BRADY SEQUEL Shelley Long, Gary Cole 3, 21 Sky MovieMax ★★★
VICTOR/VICTORIA Julie Andrews 10 TNT ★★★★
WHERE THE SPIES ARE 9 TNT ★★★

DOCUMENTARY

THE BATTLE OVER CITIZEN KANE 13 FilmFour SUBTITLED ★★★★
DEPECHE MODE 101 24 FilmFour ★★★★
INDEPENDENT'S DAY 4, 13 Sky MovieMax ★★★★
MICROCOSMOS WIDESCREEN 8, 20 Sky MovieMax ★★★★
MODULATIONS 17 FilmFour ★★★
SIGN O' THE TIMES 12 FilmFour SUBTITLED ★★★★
WATERMELON WOMAN 4 FilmFour ★★★
WOODSTOCK Joan Baez 24 Sky Cinema ★★★

DRAMA

ABANDON SHIP 5 Sky Cinema ★★★
ADA 29 TNT ★★★
THE ALAMO: 13 DAYS TO GLORY Alec Baldwin 21 Sky Premier ★★★
ALBINO ALLIGATOR Matt Dillon 30 Sky MovieMax SUBTITLED ★★★
ALEX AND THE GYPSY 12 Sky Cinema ★★★
ALFRED THE GREAT David Hemmings 14 TNT ★★★
ALICE DOESN'T LIVE HERE ANYMORE Ellen Burstyn 27 Sky Cinema ★★★
ANNA Sally Kirkland 6, 19 Sky MovieMax LAST PLAY ★★★
ANOTHER COUNTRY 20 FilmFour SUBTITLED ★★★★
ANY PLACE BUT HOME 26 Sky MovieMax ★★★
AROUND THE WORLD IN 80 DAYS 24 Sky Cinema ★★★
ARTURO'S ISLAND Reginald Kernan 9 TNT ★★★
AS SUMMERS DIE Scott Glenn 1 Sky MovieMax ★★★
THE ASPHALT JUNGLE Sterling Hayden 1 TNT ★★★
AWAKENINGS Robin Williams 16 Sky Premier DS ★★★
BACK TO BATAAN John Wayne, Anthony Quinn 29 Sky Cinema SUBTITLED ★★★
BACKDRAFT Kurt Russell 26 Sky Premier ★★★
BAD DAY AT BLACK ROCK Spencer Tracy 8 TNT ★★★
BAD TO THE BONE 21 Sky MovieMax ★★★
BATAAN Robert Taylor, Robert Walker 4 TNT ★★★
BATMAN Michael Keaton 30 Sky Premier ★★★
BATMAN & ROBIN 18 Sky Premier SUBTITLED DS ★★★
BATTLE BENEATH THE EARTH 27 TNT ★★★
THE BATTLE OF THE BULGE 16 Sky Cinema ★★★
THE BEARS AND I 4, 13, 24 Sky MovieMax ★★★
BEAUTIFUL THING Scott Neal 11 FilmFour SUBTITLED ★★★
THE BENIKER GANG 20, 30 Sky Premier ★★★
BIG BOUNCE Ryan O'Neal 31 Sky Cinema ★★★
BIG JIM MCLAIN John Wayne 31 Sky Cinema ★★★
THE BIGGEST BUNDLE OF THEM ALL 7 TNT ★★★
THE BLACKOUT Matthew Modine, Beatrice Dalle 31 Sky MovieMax PREMIERE ★★★
BLACKOUT EFFECT Eric Stoltz 23 Sky MovieMax PREMIERE ★★★
BLESSING IN DISGUISE 14 Sky MovieMax ★★★
BLOWN AWAY Corey Feldman, Corey Haim 4, 28 Sky MovieMax SUBTITLED ★★★
BLUE JUICE Sean Pertwee 12 FilmFour SUBTITLED ★★★★
A BLUEPRINT FOR MURDER 22 Sky Cinema ★★★
BOMBERS B-52 Karl Malden 3 Sky Cinema ★★★
BOOGIE NIGHTS Mark Wahlberg, Burt Reynolds, Julianne Moore 31 Sky Premier SUBTITLED PREMIERE ★★★
THE BOOST James Woods, Sean Young 3, 16 Sky Cinema ★★★★
THE BOSTON STRANGLER 26 Sky Cinema ★★★
BOYZ 'N' THE HOOD 25 FilmFour SUBTITLED ★★★
BREAKING THE WAVES Emily Watson 6 FilmFour ★★★★
BREAKING UP Salma Hayek, Russell Crowe 28 Sky MovieMax PREMIERE ★★★
BREEZY William Holden 17, 29 Sky Cinema ★★★
THE BROKEN CHAIN Eric Schweig 21 TNT ★★★
BROKEN ENGLISH 2 Sky MovieMax SUBTITLED ★★★
BROTHERLY LOVE Peter O'Toole 1 TNT ★★★
THE BRUCE Oliver Reed 15 Sky MovieMax ★★★
BUCK AND THE MAGIC BRACELET 7 Sky MovieMax WIDESCREEN ★★★
BUFFALO SOLDIERS Danny Glover, Timothy Busfield 1, 22 Sky MovieMax PREMIERE ★★★
BUTTERFIELD 8 10 TNT ★★★
CAB TO CANADA 5, 15, 26 Sky MovieMax ★★★
CAL 26 FilmFour SUBTITLED ★★★★
CALL NORTHSIDE 777 2 Sky Cinema ★★★
CARBINE WILLIAMS James Stewart 14 TNT ★★★
CARLA'S SONG 15 FilmFour SUBTITLED ★★★
CARRINGTON Jonathan Pryce 5 FilmFour SUBTITLED ★★★
CAVE GIRL ISLAND 28 Sky MovieMax SUBTITLED ★★★
CHALLENGERS 24 Sky MovieMax ★★★
CHANGE OF HABIT Elvis Presley 3 Sky Cinema ★★★
CHARLEY AND THE ANGEL 3, 11, 21 Sky MovieMax ★★★
CHASING SECRETS 6, 16, 28 Sky MovieMax ★★★
A CHRISTMAS CAROL 3, 9, 20 Sky Premier ★★★
THE CINCINNATI KID Steve McQueen 1 TNT ★★★★
CINEMA PARADISO 3, 14, 25 Sky MovieMax ★★★★★
CITIZEN KANE Orson Welles 10, 19 Sky Cinema ★★★★★
CLARA'S HEART 15 Sky Premier ★★★
CLASS ACTION 20 Sky Premier ★★★
CLEOPATRA Elizabeth Taylor, 18, 30 Sky Cinema ★★★
COLD FEVER Masatoshi Nagase 28 FilmFour ★★★
THE COLOR PURPLE Whoopi Goldberg 9, 31 Sky Cinema SUBTITLED ★★★★
COLOUR OF A BRISK AND LEAPING DAY Peter Alexander 11 FilmFour PREMIERE ★★★
COME FILL THE CUP James Cagney 17 Sky Cinema ★★★
CON AIR Nicolas Cage 11 Sky Premier SUBTITLED ★★★
COPLAND 30 Sky Premier SUBTITLED ★★★★
COURAGE UNDER FIRE 13 Sky Premier SUBTITLED ★★★
CRASH James Spader, Holly Hunter 3 Sky MovieMax SUBTITLED PREMIERE ★★★★
CRAZY IN LOVE 29 TNT ★★★
CRIMES AND MISDEMEANORS 11 Sky Cinema ★★★★★
THE CRUCIBLE 19, 29 Sky Premier SUBTITLED ★★★★
CRY TERROR 13 TNT ★★★
THE CRYING GAME Miranda Richardson, Stephen Rea 2, 25 FilmFour SUBTITLED ★★★★
DALLAS: J.R. RETURNS 5, 15 Sky MovieMax ★★★
THE DAMNED Oliver Reed 9 FilmFour ★★★
DANCE WITH A STRANGER Miranda Richardson, Rupert Everett 4, 19 FilmFour SUBTITLED ★★★
DANIELLE STEEL'S PALOMINO 6, 16, 29 Sky MovieMax ★★★
DARBY'S RANGERS James Garner 11 Sky Cinema ★★★
DARKMAN Liam Neeson 8 Sky MovieMax ★★★
DAVID PART 1 Nathaniel Parker 6 Sky Premier ★★★
DAVID PART 2 Leonard Nimoy 7 Sky Premier ★★★
THE DEAD Anjelica Huston 18 FilmFour SUBTITLED ★★★
DEAD PRESIDENTS Larenz Tate 5 Sky MovieMax SUBTITLED DS ★★★
THE DEEP SIX Alan Ladd 16, 25 Sky Cinema ★★★
DESERT RATS 23 Sky Cinema SUBTITLED ★★★
DESTINATION GOBI Richard Widmark 3 Sky Cinema ★★★
DESTROYER Edward G Robinson 4 Sky Cinema ★★★
THE DEVIL'S ADVOCATE Al Pacino, Keanu Reeves, Charlize Theron 24 Sky Premier PREMIERE ★★★
DIRTY MARY, CRAZY LARRY Peter Fonda, Susan George 27 Sky Cinema ★★★
DOWNHILL RACER Robert Redford 6 Sky Cinema ★★★
DRAGONHEART Dennis Quaid 31 Sky Premier ★★★
DRUM BEAT Alan Ladd, Audrey Dalton 13 Sky Cinema ★★★
EAST OF EDEN James Dean, Raymond Massey 13 Sky Cinema ★★★★
EASY RIDER Dennis Hopper, Peter Fonda 4, 29 FilmFour SUBTITLED ★★★★
THE EIGHTH DAY Daniel Auteuil 7 Sky Cinema ★★★
THE ENGLISH PATIENT Ralph Fiennes 12, 24 Sky Premier SUBTITLED ★★★★★
ESCAPE FROM EAST BERLIN 18 TNT ★★★
ESTHER Louise Lombard 16 Sky Premier ★★★
FALL Eric Schaeffer 17 Sky MovieMax PREMIERE ★★★
FAMILY BLESSINGS 4, 15 Sky MovieMax ★★
FANNY 7 Sky Cinema ★★★
FAR AND AWAY Tom Cruise 18 Sky Premier ★★★
FATHER BROWN Alec Guinness 6 Sky Cinema ★★★
FATSO Dom DeLuise 25 Sky MovieMax ★★★
FEVER PITCH Colin Firth 9 FilmFour SUBTITLED ★★★
FIFTEEN AND PREGNANT Kirsten Dunst 3, 21, 27 Sky MovieMax SUBTITLED ★★★
THE FIGHTING SEABEES 28 Sky Cinema ★★★
FINAL JUSTICE 8, 14, 24 Sky MovieMax ★★★
FIRST DO NO HARM Meryl Streep 5, 15, 23 Sky Premier SUBTITLED ★★★
FIVE DESPERATE HOURS 27 Sky MovieMax LAST PLAY ★★★
THE FIXER 8 TNT ★★★★
FLED Laurence Fishburne 8 Sky Premier SUBTITLED ★★★
FLY AWAY HOME 9 Sky Premier SUBTITLED ★★★
FLYING TIGERS John Wayne 27 Sky Cinema ★★★
FOREVER LOVE 1, 9, 19 Sky Premier ★★★
FOUR WEDDINGS AND A FUNERAL 11 FilmFour SUBTITLED ★★★★
FOXFIRE Hedy Burress, Jenny Lewis 28 Sky Premier ★★★
FREEZE FRAME 27 Sky MovieMax ★★★
FRIENDSHIP'S FIELD 31 Sky MovieMax ★★★
FROM THE TERRACE 29 Sky Cinema ★★★
THE FUGITIVE Henry Fonda 14 Sky Cinema ★★★
A FURTHER GESTURE 26 FilmFour ★★★
GAZON MAUDIT Victoria Abril 22 FilmFour ★★★
GERONIMO 21 TNT ★★★
GHOSTS FROM THE PAST Alec Baldwin 25 Sky Premier SUBTITLED DS ★★★
GLORIA 18 FilmFour SUBTITLED ★★★
THE GODFATHER 29 Sky Premier SUBTITLED ★★★★★
GO FISH 18 FilmFour ★★★
THE GOOD OLD BOYS Sissy Spacek 19 TNT ★★★
THE GREATEST SHOW ON EARTH 31 Sky Cinema ★★★
GREGORY'S GIRL Dee Wallace 14 FilmFour ★★★
THE GRIFTERS 4, 25 Sky MovieMax SUBTITLED ★★★
GUADALCANAL DIARY 4, 24 Sky Cinema ★★★
GUADALCANAL DIARY 4 Sky Cinema ★★★
GUINEVERE Sheryl Lee 22 Sky MovieMax ★★★
GUNGA DIN Cary Grant 5 Sky Cinema ★★★
HAMLET Kenneth Branagh, Julie Christie 2, 20 Sky Premier SUBTITLED DS ★★★
HAVANA Robert Redford 14 Sky Cinema ★★★
HEART FULL OF RAIN 5, 16, 29 Sky MovieMax ★★★
HEAT AND DUST Julie Christie 14 Sky Cinema DS ★★★
THE HELL WITH HEROES 15 Sky Cinema ★★★
HER OWN RULES 20 Sky MovieMax DS ★★★
THE HEROIC TRIO Anita Mui 18 FilmFour ★★★
HIGHER LEARNING 25 FilmFour ★★★
THE HILL 31 TNT ★★★★
HIT AND RUN Lisa Vidal 14, 28 Sky MovieMax PREMIERE ★★★
HIT MAN 10 TNT ★★★
HOLY MATRIMONY 22 Sky MovieMax ★★★
HONKYTONK MAN 21 Sky Cinema SUBTITLED ★★★
THE HOURS AND THE TIMES 11, 27 FilmFour SUBTITLED ★★★
HOUSE OF BAMBOO Robert Ryan 1 Sky Cinema ★★★
HOW TO STEAL THE WORLD 2 TNT ★★★
HOWARDS END Emma Thompson 29 Sky Cinema SUBTITLED WIDESCREEN ★★★
THE HUNTER Steve McQueen 3 Sky Cinema ★★★
THE HUNTERS 10, 20 Sky Cinema ★★★
I'LL BE SEEING YOU Ginger Rogers 21 Sky Cinema ★★★
IN NAME ONLY Carole Lombard 6 Sky Cinema ★★★
IN THE COMPANY OF MEN Matt Malloy 18 FilmFour SUBTITLED PREMIERE ★★★★
IN THE SOUP Steve Buscemi 13 FilmFour SUBTITLED ★★★
INDISCRETION OF AN AMERICAN HOUSEWIFE 13, 21 Sky Premier ★★★
INVENTING THE ABBOTTS 2, 11 Sky Premier ★★★
IRMA VEP 18 FilmFour ★★★
ISLAND IN THE SUN James Mason 13 Sky Cinema ★★★
JACKIE CHAN'S FIRST STRIKE 4, 23 Sky MovieMax SUBTITLED ★★★
JOSHUA THEN AND NOW 4 Sky Cinema ★★★
JUDAS KISS Alan Rickman, Carla Gugino, Emma Thompson, Gil Bellows 28 Sky Premier SUBTITLED PREMIERE ★★★
JULES AND JIM Oskar Werner, Henri Serre 11 FilmFour ★★★★

JULES VERNE'S 800 LEAGUES DOWN THE AMAZON Daphne Zuniga **13, 21, 30 Sky MovieMax** ★★★

KTHE KARATE KILLERS 17 TNT ★★★

KID COP Alexandra Paul **24 Sky Premier** ★★★

KING OF COMEDY Robert De Niro **7 Sky Cinema** ★★★

KING RICHARD AND THE CRUSADERS Rex Harrison **10 Sky Cinema** ★★★

THE KINGDOM 8 FilmFour SUBTITLED ★★★

LTHE LAST VOYAGE Robert Stack **26 TNT** ★★★

LAURA LANSING SLEPT HERE 3, 11, 20, 30 Sky MovieMax ★★★

LAWS OF GRAVITY 18 Sky MovieMax LAST PLAY ★★★

THE LEFT HAND OF GOD 11 Sky Cinema ★★★

LEGEND Tom Cruise, Tim Curry **17 Sky Premier** ★★★

THE LEGEND OF CRYIN' RYAN 4 Sky Premier ★★★

THE LEGEND OF WOLF MOUNTAIN 8, 17, 30 Sky MovieMax ★★★

LENNY 13 FilmFour ★★★★

LET IT BE ME Patrick Stewart **7 Sky MovieMax** ★★★

LET ME CALL YOU SWEETHEART Meredith Baxter **1, 12 Sky Premier** ★★★

THE LIES HE TOLD Gary Cole **3, 30 Sky Premier** ★★★

THE LION IN WINTER 26 Sky Cinema ★★★

LIONHEART Eric Stoltz **2, 8, 19 Sky Premier** DS ★★★

LITTLE WOMEN Winona Ryder, Meg March, Kirsten Dunst, Gabriel Byrne **8, 27 FilmFour** SUBTITLED ★★★

LOCAL HERO Burt Lancaster, Peter Capaldi **3, 14 FilmFour** SUBTITLED ★★★★★

LONE STAR Chris Cooper, Kris Kristofferson **25 Sky Premier** SUBTITLED LAST PLAY ★★★★

LONG DAY'S JOURNEY INTO NIGHT Ralph Richardson **16 Sky Cinema** ★★★

THE LONG GOOD FRIDAY Bob Hoskins **17 FilmFour** SUBTITLED ★★★★

THE LONG KISS GOODNIGHT 19 Sky Premier SUBTITLED DS ★★★★

THE LONG ROAD HOME 6, 17, 28 Sky MovieMax ★★★

A LONG WAY HOME 7, 15, 23 Sky MovieMax ★★★

THE LOST WORLD Claude Rains **26 FilmFour** ★★★

THE LOST WORLD: JURASSIC PARK Richard Attenborough, Jeff Goldblum, Julianne Moore **4 Sky Premier** SUBTITLED DS ★★★

LOVE IS STRANGE 7, 16, 27 Sky MovieMax ★★★

LOVE ON THE EDGE 8, 19 Sky MovieMax ★★★

MMA VIE EN ROSE Michelle Laroque **2 FilmFour** PREMIERE ★★★★

THE MACOMBER AFFAIR 10 Sky Cinema ★★★

MACON COUNTY LINE Alan Vint **7 Sky Cinema** ★★★

MAGIC IN THE WATER Mark Harmon **18 Sky Premier** ★★★

THE MAGNIFICENT AMBERSONS Joseph Cotten, Agnes Moorehead **20 Sky Cinema** SUBTITLED ★★★★

THE MAIN ATTRACTION Pat Boone **17 TNT** ★★★

MAN OF MIRACLES John Ritter **26 Sky MovieMax** ★★★

THE MAN WHO CAPTURED EICHMANN Robert Duvall **1 Sky Premier** SUBTITLED ★★★

MARGARET'S MUSEUM 17 Sky MovieMax ★★★

MARRIED TO A STRANGER 5, 14, 22 Sky MovieMax ★★★

MARVIN'S ROOM 30 Sky Premier SUBTITLED ★★★

MATCH MADE IN HEAVEN Olympia Dukakis **15, 28 Sky Premier** PREMIERE ★★★

MATILDA Danny DeVito **11, 21 Sky Premier** SUBTITLED ★★★

MAXIMUM RISK Jean-Claude Van Damme **23 Sky MovieMax** SUBTITLED DS ★★★

MELANIE DARROW 8, 17 Sky MovieMax ★★★

MEMPHIS BELLE Matthew Modine **11 Sky Premier** ★★★

MEN OF WAR Dolph Lundgren, Charlotte Lewis, BD Wong, Catherine Bell **1, 20 Sky MovieMax** PREMIERE ★★★

MERLIN'S SHOP OF MYSTICAL WONDERS 2, 7, 13, 24 Sky Premier ★★★

MERRILL'S MARAUDERS Ty Hardin **11 Sky Cinema** ★★★

MERRY CHRISTMAS, MR LAWRENCE David Bowie **20 FilmFour** SUBTITLED ★★★

MICHAEL COLLINS 3, 13 Sky Premier SUBTITLED ★★★

MIRACLE IN THE WOODS 21 Sky MovieMax ★★★

MIRACLE ON 34TH STREET 14 Sky MovieMax ★★★

MISS EVERS' BOYS 5, 14 Sky Premier ★★★

THE MISSION Jeremy Irons, Robert De Niro **3, 19 FilmFour** SUBTITLED ★★★

MISTER BUDDWING James Garner **16 TNT** ★★★

MISTRIAL Bill Pullman **14, 22 Sky Premier** ★★★

MOLL FLANDERS 5, 31 Sky Premier SUBTITLED DS ★★★

MONA LISA Bob Hoskins **17 FilmFour** SUBTITLED ★★★

MRS WINTERBOURNE 6, 14, 25 Sky Premier ★★★

MY BEAUTIFUL LAUNDRETTE Daniel Day Lewis, Gordon Warnecke **29 FilmFour** SUBTITLED ★★★★

MY GHOST DOG 3, 12, 25 Sky MovieMax ★★★

THE MYTH OF FINGERPRINTS Julianne Moore SUBTITLED PREMIERE **20 Sky Premier** ★★★★

NNAVY SEALS 26 Sky MovieMax DS ★★★

NIAGARA Joseph Cotten **23 Sky Cinema** ★★★

NICO THE UNICORN 1, 17 Sky Premier DS ★★★

NIGHT AND DAY (NUIT ET JOUR) 20 FilmFour ★★★★

THE NIGHT OF THE IGUANA Richard Burton **15 TNT** ★★★★

THE NIGHT WALKER Barbara Stanwyck **18 Sky Cinema** ★★★

THE NINTH CONFIGURATION Stacy Keach **7 FilmFour** ★★★

NO HIGHWAY IN THE SKY 2 Sky Cinema ★★★

NO SKIN OFF MY ASS Bruce LaBruce, Kate Ashley **2 FilmFour** PREMIERE ★★★

NO WAY OUT Richard Widmark **6 Sky Cinema** ★★★

NORTH STAR James Caan **9 Sky Premier** ★★★

NORTHERN LIGHTS Diane Keaton **3 Sky Premier** ★★★

OOLD YELLER 10 Sky Premier ★★★

ONCE A THIEF Alain Delon, Ann-Margret **3 TNT** ★★★

ONE NIGHT STAND 1 Sky Premier SUBTITLED ★★★

OPERATION CROSSBOW George Peppard **29 TNT** ★★★

OPERATION SECRET Cornel Wilde **20 Sky Cinema** ★★★

PTHE PANDORA PROJECT Daniel Baldwin, Erika Eleniak, Richard Tyson **15 Sky MovieMax** PREMIERE ★★★

PARADISE ROAD Bruce Beresford **27 Sky Premier** SUBTITLED PREMIERE ★★★

PARANOIAC 4, 23 Sky Cinema ★★★

PARTING GLANCES Steve Buscemi **16 FilmFour** ★★★

PAY OR DIE Ernest Borgnine **19 Sky Cinema** ★★★

THE PEACEMAKER George Clooney, Nicole Kidman **3, 13, 25 Sky Premier** PREMIERE ★★★★

THE PEOPLE VS LARRY FLYNT Woody Harrelson **21, 30 Sky Premier** SUBTITLED ★★★

PERFECT BODY Amy Jo Johnson, Brett Cullen, Cathy Rigby, Wendie Malick **20 Sky MovieMax** PREMIERE ★★★

THE PERFECT MOTHER Tyne Daly **6, 21 Sky Premier** SUBTITLED ★★★

PHOTOGRAPHING FAIRIES 2, 20, 28 Sky Premier ★★★

PHYSICAL EVIDENCE 17, 28 Sky Premier ★★★

A PLACE IN THE SUN 17 Sky Cinema ★★★

PLACES IN THE HEART 7, 13, 22, 31 Sky Premier ★★★

PLAYING TO WIN 6, 15 Sky MovieMax ★★★

POINT LAST SEEN 20 Sky MovieMax ★★★

PONY SOLDIER Tyrone Power **12 Sky Cinema** ★★★

POOR COW 7 FilmFour 29 FilmFour SUBTITLED ★★★

POSSUMS Mac Davis **12, 21, 30 Sky MovieMax** ★★★

THE POSTMAN ALWAYS RINGS TWICE 5 TNT ★★★★

POWDER 6, 19 Sky Premier SUBTITLED ★★★

THE PRESIDENT'S LADY 19 Sky Cinema ★★★

THE PRICE OF LOVE 7 Sky MovieMax ★★★

THE PRICE OF LOVE 15 Sky MovieMax LAST PLAY ★★★

PRICK UP YOUR EARS 13 FilmFour SUBTITLED ★★★★★

PRINCE OF THE CITY 20, 25 Sky Cinema ★★★

PRINCE VALIANT Stephen Moyer, Edward Fox, Katherine Heigl, Joanna Lumley **25, 31 Sky Premier** PREMIERE ★★★

THE PRINCESS BRIDE 2, 11, 19 Sky Premier ★★★★

THE PRIZE 27 TNT ★★★★

THE PROPRIETOR Jeanne Moreau **1 Sky Premier** ★★★

P'TANG, YANG, KIPPERBANG John Albasiny **31 FilmFour** SUBTITLED ★★★★

PULP 24 FilmFour ★★★

QQUARTET 15 Sky Cinema WIDESCREEN ★★★

RRACE THE SUN Halle Berry **1, 9, 23 Sky MovieMax** SUBTITLED ★★★

THE RICH MAN'S WIFE 9 Sky Premier ★★★

RIDICULE Charles Belling **18 Sky MovieMax** ★★★★

RING OF FIRE 11 TNT ★★★

ROADRACERS David Arquette **19 FilmFour** SUBTITLED ★★★

THE ROARING TWENTIES James Cagney **12 TNT** ★★★

ROSEANNE: AN UNAUTHORIZED BIOGRAPHY 2, 12, 23 Sky MovieMax SUBTITLED ★★★

STHE SAFECRACKER Ray Milland **5 TNT** ★★★

SALMONBERRIES kd lang **28 FilmFour** ★★★

SALVADOR James Woods **31 Sky MovieMax** ★★★★

SAMMY AND ROSIE GET LAID Roland Gift **29 FilmFour** SUBTITLED ★★★

SAVAGE MESSIAH Scott Antony **11 TNT** ★★★

THE SCENT OF GREEN PAPAYA 19 FilmFour ★★★

SEA OF LOVE Al Pacino, Ellen Barkin **25 Sky Cinema** ★★★★

THE SEA WOLVES Gregory Peck **12 Sky Cinema** ★★★

THE SECRET OF CONVICT LAKE Glenn Ford, Gene Tierney **26 Sky Cinema** ★★★

THE SECRET OF THE PURPLE REEF Jeff Richards **5, 25 Sky Cinema** ★★★

SECRETS Christopher Plummer **14 Sky MovieMax** ★★★

SECRETS AND LIES 23 FilmFour SUBTITLED ★★★★

SEE THE SEA Sasha Hails **23 FilmFour** PREMIERE ★★★

SEE YOU IN THE MORNING Jeff Bridges **10, 18, 31 Sky MovieMax** ★★★

THE SEVEN SAMURAI Takashi Shimura **1 FilmFour** ★★★★★

SEVEN THIEVES 18 Sky Cinema ★★★

SEVEN YEARS IN TIBET 6, 16, 29 Sky Premier ★★★

SHADOW WARRIORS: ASSAULT ON DEVIL'S ISLAND Hulk Hogan, Carl Weathers **12, 29 Sky MovieMax** PREMIERE ★★★

SHAFT 31 TNT ★★★★

SHAFT IN AFRICA Richard Roundtree **26 TNT** ★★★

THE SHELTERING SKY 4 Sky Cinema DS ★★★

SID AND NANCY Gary Oldman **4 FilmFour** SUBTITLED ★★★

SILENCING MARY Melissa Joan Hart, Lisa Dean Ryan **22 Sky MovieMax** PREMIERE ★★★

SILENT LIES Elizabeth Anne Allen **29 Sky MovieMax** ★★★

SINK THE BISMARCK! 18 Sky Cinema ★★★

SITTING TARGET Oliver Reed, Jill St John **15 TNT** ★★★

THE 6TH MAN 28 Sky MovieMax SUBTITLED ★★★

SMILLA'S FEELING FOR SNOW Julia Ormond, Gabriel Byrne **13, 27 Sky Premier** SUBTITLED PREMIERE ★★★★

SNOW WHITE: A TALE OF TERROR 11, 21 Sky Premier SUBTITLED ★★★

SOLDIER OF FORTUNE 12, 28 Sky Cinema ★★★

SOME MOTHER'S SON 11, 27 Sky Premier ★★★

SOMEBODY UP THERE LIKES ME Paul Newman **8 TNT** WIDESCREEN ★★★

SOUTH 28 FilmFour ★★★

SPEED 2: CRUISE CONTROL Sandra Bullock **5, 17 Sky Premier** SUBTITLED DS ★★

SPYMAKER: THE SECRET LIFE OF IAN FLEMING Jason Connery **4 TNT** ★★★

STATE OF GRACE Sean Penn **17 Sky MovieMax** DS ★★★

STEEL 2, 31 Sky MovieMax SUBTITLED ★★★

STORM WARNING Ginger Rogers **22 Sky Cinema** ★★★

STORMY MONDAY 17 FilmFour SUBTITLED ★★★

THE STRATTON STORY James Stewart **28 TNT** ★★★

THE STRAWBERRY BLONDE James Cagney **5 TNT** ★★★

STRIPTEASE 13 Sky MovieMax SUBTITLED ★★★

SUDDENLY Kirstie Alley **2, 13, 22 Sky MovieMax** ★★★

SUPERFLY Ron O'Neal, Carl Lee **24 Sky MovieMax** ★★★

SUPERGIRL Helen Slater **26 Sky Premier** DS ★★★

THE SWARM 11, 24 Sky MovieMax ★★

SWEET NOTHING 5, 16 Sky Premier ★★★

TTAKE THE HIGH GROUND 12 TNT ★★★

TAPS 10 Sky Cinema ★★★

TARGET FOR RAGE 13 Sky MovieMax ★★★

TARZAN'S TRIUMPHS 24 Sky Cinema ★★★

TAXI DRIVER Robert De Niro **1 FilmFour** SUBTITLED ★★★★★

TELEFON 3 TNT ★★★★

TERROR BY NIGHT Nigel Bruce **31 Sky Cinema** ★★★

THAT THING YOU DO! 30 Sky Premier SUBTITLED ★★★

36 HOURS 14 TNT ★★★

THIS BOY'S LIFE Ellen Barkin **13 FilmFour** SUBTITLED ★★★★

THIS WORLD, THEN THE FIREWORKS Billy Zane **24 Sky MovieMax** ★★★

THREE FACES WEST John Wayne **26 Sky Cinema** ★★★

THREE GODFATHERS John Wayne **21 TNT** ★★★

THREESOME 20, 30 FilmFour SUBTITLED ★★★

THE TIE THAT BINDS 16 Sky MovieMax ★★★

TIGHT SPOT Ginger Rogers **23 Sky Cinema** ★★★

TIN CUP Kevin Costner **5, 13, 17 Sky MovieMax** SUBTITLED LAST PLAY ★★★★

TO EACH HIS OWN Olivia de Havilland **1 Sky Cinema** ★★★

TO TRAP A SPY 31 TNT ★★★

TOP GUN Tom Cruise **2 Sky MovieMax** DS PREMIERE ★★★

TOUGHLOVE Lee Remick **6 Sky Premier** ★★★

TREASURE ISLAND Charlton Heston **11 TNT** ★★★

TREEHOUSE HOSTAGE Jim Varney **16 Sky Premier** ★★★

TRUE BLUE 9 FilmFour ★★★

THE 25TH HOUR 30 TNT ★★★

THE TWO JAKES Harvey Keitel **2 Sky Cinema** ★★★★

TWO WOMEN 19 Sky MovieMax SUBTITLED ★★★

UUNCONQUERED 27 Sky Cinema ★★★

UNDER PRESSURE Rob Lowe **14 Sky Premier** SUBTITLED PREMIERE DS ★★★

THE UNTOLD STORY OF THE WORLD TRADE CENTER BOMBING 4 Sky MovieMax ★★★

UNWED FATHER 13 Sky MovieMax ★★★

VA VERY PRIVATE AFFAIR Brigitte Bardot **12 TNT** ★★★

VICTIM Dirk Bogarde **9 FilmFour** SUBTITLED ★★★★

VILLAGE OF DAUGHTERS Eric Sykes **15 TNT** ★★★

VILLAIN 1, 22 FilmFour SUBTITLED ★★★★

WTHE WALKING STICK 13 TNT ★★★★

WALL STREET 8 Sky Cinema SUBTITLED DS ★★★★

THE WAR LOVER Steve McQueen **4 Sky Cinema** ★★★

THE WEDDING Halle Berry **28 Sky Premier** ★★★

WHEN HUSBANDS CHEAT 2, 19, 28 Sky MovieMax ★★★

WHILE MY PRETTY ONE SLEEPS Connie Sellecca **21 Sky Premier** SUBTITLED ★★★

WHISKEY DOWN Jon Polito **3 Sky MovieMax** ★★★

THE WHITE TOWER Glenn Ford **4 Sky Cinema** ★★★

WHO'S THAT KNOCKING AT MY DOOR Harvey Keitel, Zina Bethune **30 Sky Cinema** ★★★

WILD AT HEART Nicolas Cage, Laura Dern, Diane Ladd **29 Sky Cinema** DS ★★★★

THE WILD ONE Marlon Brando **4 FilmFour** ★★★★

WILD RIVER Montgomery Clift **31 Sky Cinema** ★★★

WILDE Stephen Fry **4 Sky Premier** SUBTITLED ★★★★

WILLIAM SHAKESPEARE'S ROMEO + JULIET 15 Sky Premier SUBTITLED ★★★★

THE WINGS OF EAGLES John Wayne **28 TNT** ★★★

THE WINTER GUEST Emma Thompson **28 FilmFour** SUBTITLED ★★★

WISH YOU WERE HERE Emily Lloyd, Tom Bell, Jesse Birdsall **6 FilmFour** SUBTITLED ★★★

HORROR

ATHE ADDICTION 10 Sky MovieMax SUBTITLED ★★★

AN AMERICAN WEREWOLF IN PARIS 11 Sky MovieMax SUBTITLED ★★★

BBAD MOON 6 Sky MovieMax ★★★

THE BEAST FROM 20,000 FATHOMS Lee Van Cleef **4 Sky Cinema** ★★★★

THE BLACK ROOM Boris Karloff **30 Sky Cinema** ★★★

BLOOD DINER 5, 16, 22, 30 Sky Premier LAST PLAY ★★★

CTHE CRAFT Fairuza Balk **9 Sky MovieMax** ★★★

THE CROW: CITY OF ANGELS 2 Sky Premier SUBTITLED ★★★

DTHE DAY OF THE BEAST 7 FilmFour ★★★

EEYE OF THE DEVIL Deborah Kerr **18 TNT** ★★★

FTHE FEARLESS VAMPIRE KILLERS 4 TNT ★★★

FRIDAY THE 13TH Harry Crosby **9 Sky MovieMax** ★★★

THE FRIGHTENERS 21 Sky Premier SUBTITLED ★★★

THE GHOST OF FRANKENSTEIN 20 Sky Cinema ★★★
GOTHIC 10 FilmFour ★★★
THE HAUNTED HEART 15 Sky MovieMax ★★★
HOUSE OF FRANKENSTEIN: PART 1 Greg Wise 10 Sky MovieMax ★★★
HOUSE OF FRANKENSTEIN: PART 2 Greg Wise 10 Sky MovieMax ★★★
THE HUNGER 29 TNT ★★★
I KNOW WHAT YOU DID LAST SUMMER Sarah Michelle Gellar, Ryan Phillippe 9, 21 Sky MovieMax PREMIERE ★★★★
THE ISLAND OF DR MOREAU 1 Sky MovieMax SUBTITLED ★★★
KINGDOM OF THE SPIDERS William Shatner 31 Sky MovieMax ★★★
THE LEGEND OF HELL HOUSE Roddy McDowall 8 Sky Cinema ★★★
THE LITTLE SHOP OF HORRORS Roddy Jonathan Haze 23 Sky Cinema ★★★
MARY SHELLEY'S FRAMKENSTEIN 10, 26 FilmFour SUBTITLED
THE MASK OF FU MANCHU 3, 27 TNT SUBTITLED ★★★
MISERY 5 FilmFour ★★★★★
THE OMEN 7, 19 FilmFour SUBTITLED ★★★★
PAPER MASK 8 FilmFour SUBTITLED ★★★
THE PEOPLE UNDER THE STAIRS Brandon Adams 11 Sky MovieMax ★★★
THE POSSESSION OF JOEL DELANEY 3 FilmFour ★★★
PSYCHO III Anthony Perkins 11 Sky MovieMax DS ★★★
SCREAM 9 Sky MovieMax SUBTITLED ★★★★
THE SENTINEL Chris Sarandon 10, 23 Sky Cinema ★★★
THE SERPENT AND THE RAINBOW Bill Pullman 10 Sky MovieMax ★★★
SHADOW ZONE: THE UNDEAD EXPRESS 12, 22, 26 Sky MovieMax ★★★
SUSPIRIA 30 FilmFour ★★★★
TENEBRAE 30 FilmFour ★★★
TREMORS Kevin Bacon 30 Sky MovieMax ★★★
VAMPIRE JOURNALS 7, 24 Sky MovieMax ★★★
ZOMBIETHON Tracy Burton 10 Sky MovieMax ★★★

MUSICAL

BACKBEAT 11 FilmFour SUBTITLED ★★★★
THE COMMITMENTS 5, 23 FilmFour SUBTITLED ★★★★
THE DOORS 12, 31 FilmFour SUBTITLED ★★★
GIVE MY REGARDS TO BROAD STREET 12, 22 Sky Premier DS ★★★
GYPSY 20 FilmFour SUBTITLED ★★★★
HIGH SOCIETY Frank Sinatra 15 TNT ★★★★★
LUCKY ME Doris Day 8 Sky Cinema ★★★
MEET ME AT THE FAIR 2 Sky Cinema ★★★
THE PIRATE MOVIE 16 Sky Premier DS ★★★
QUADROPHENIA 18 Sky MovieMax ★★★
TOP HAT Fred Astaire 24 Sky Cinema ★★★

MYSTERY/ THRILLER

ABSOLUTE POWER Clint Eastwood 5, 15 Sky Premier SUBTITLED DS ★★★
AMERICAN GIGOLO 13, 18 Sky Cinema SUBTITLED ★★★
ANACONDA 30 Sky MovieMax SUBTITLED ★★★
ANGEL 1 FilmFour ★★★
ANGEL HEART Mickey Rourke, 7, 19 FilmFour SUBTITLED ★★★
BACKFIRE Gordon MacRae 22 Sky Cinema ★★★
BADLANDS Martin Sheen 27 Sky Cinema ★★★
THE BLACK ARROW Louis Hayward 17 Sky Cinema ★★★
BLACK RAIN 24 Sky Premier ★★★
BLOOD ON HER HANDS 21 Sky MovieMax ★★★
THE BLUE DAHLIA Alan Ladd 12 Sky Cinema ★★★
BLUE VELVET 5, 22 Sky Cinema ★★★
BOUND 11 Sky MovieMax SUBTITLED LAST PLAY ★★★★
BRASS TARGET 6 TNT ★★★
BULLET IN THE HEAD Tony Leung 16 FilmFour ★★★
BULLITT 25 Sky Cinema SUBTITLED ★★★★
CAPE FEAR 29 Sky MovieMax ★★★★
CHAIN REACTION 14, 23 Sky Premier SUBTITLED ★★★
THE CHAMBER 19 Sky Premier SUBTITLED ★★★
COHEN AND TATE 3 Sky MovieMax ★★★
CONSPIRACY THEORY 12 Sky Premier SUBTITLED ★★★
COSMIC SHOCK 2, 10, 18, 27 Sky MovieMax ★★★
CRIMINAL AFFAIRS 12, 20 Sky MovieMax DS ★★★
CRIMINAL LAW Gary Oldman 1 Sky Premier ★★★
CRUCIFER OF BLOOD Charlton Heston 13 TNT ★★★
CRYING FREEMAN 14 Sky MovieMax DS ★★★
CUPID Zach Galligan 13 Sky MovieMax LAST PLAY ★★★
DANTE'S PEAK Pierce Brosnan 31 Sky Premier SUBTITLED ★★★
THE DARK MIRROR 11 Sky Cinema ★★★
DEAD AGAIN Kenneth Branagh 8 Sky Premier ★★★
DEAD RINGERS Jeremy Irons 8 Sky Cinema ★★★★
DEADLOCKED: ESCAPE FROM ZONE 14 Esai Morales 8 Sky MovieMax ★★★
DEADLY ILLUSION Billy Dee Williams 25 Sky Premier ★★★
DEEP FAMILY SECRETS 9 Sky MovieMax ★★★
DEFENSELESS 29 Sky Premier SUBTITLED DS ★★★
DEVIL IN A BLUE DRESS 17 FilmFour SUBTITLED ★★★
THE DEVIL'S OWN 16 Sky Premier SUBTITLED ★★★
DIPLOMATIC COURIER 9 Sky Cinema ★★★
THE END OF VIOLENCE Bill Pullman, Andie MacDowell, Gabriel Byrne, Traci Lind 24 Sky MovieMax PREMIERE ★★★
EXTREME MEASURES 18 Sky Premier SUBTITLED ★★★
FALSE PRETENSE 29 Sky MovieMax ★★★
THE FAN Robert De Niro 4 Sky Premier SUBTITLED ★★★
FARGO 28 FilmFour SUBTITLED ★★★★
FEAR 14, 23 Sky Premier SUBTITLED ★★★
THE FIEND WHO WALKED THE WEST Hugh O'Brian 8 Sky Cinema ★★★
THE FIRST DEADLY SIN 17 Sky Cinema ★★★
FIVE CORNERS Jodie Foster, Tim Robbins 13 FilmFour SUBTITLED ★★★
GET CARTER Michael Caine 3 TNT ★★★★★
THE GOOD SON 9, 20 Sky Premier ★★★
HARD CONTRACT 2 Sky Cinema ★★★
HARPER Paul Newman, Lauren Bacall 26 Sky Cinema ★★★
HELL ON FRISCO BAY Alan Ladd 14 Sky Cinema ★★★
INTERNAL AFFAIRS Richard Gere 23 Sky Cinema ★★★
THE JACKAL Bruce Willis, Richard Gere 17, 27 Sky Premier PREMIERE DS ★★★
L' APPARTEMENT Vincent Cassel 31 Sky MovieMax WIDESCREEN LAST PLAY ★★★
L.A. CONFIDENTIAL Guy Pearce 12, 22 Sky Premier SUBTITLED ★★★★★
THE LAST RUN 7 TNT ★★★
THE LIQUIDATOR 6 TNT ★★★
LOYAL OPPOSITION: TERROR IN THE WHITE HOUSE Nick Mancuso 1, 12, 23 Sky MovieMax ★★★
MAYDAY AT 40,000 FEET! David Janssen 18 Sky MovieMax ★★
METRO Eddie Murphy 26 Sky Premier SUBTITLED ★★★
MIDNIGHT LACE Doris Day 24 Sky Cinema ★★★
MIND PREY Eriq La Salle 22 Sky MovieMax ★★★
THE MINUS MAN Owen Wilson, Janeane Garofalo 21 Sky Premier PREMIERE ★★★
NEVER TALK TO STRANGERS 19 Sky Premier DS ★★★
NIGHT DIGGER 2 TNT ★★★
NIGHT FALLS ON MANHATTAN 31 Sky Premier SUBTITLED ★★★
NIGHT MUST FALL Susan Hampshire 16 TNT ★★★
NOTORIOUS Cary Grant, Ingrid Bergman 8 Sky Cinema ★★★
OBSESSION 18 Sky Cinema ★★★
ONE HOT SUMMER NIGHT 26 Sky MovieMax ★★★
OUT FOR JUSTICE 23 Sky MovieMax DS ★★★
OUTRAGE 4, 12 Sky Premier SUBTITLED ★★★
PERMISSION TO KILL Dirk Bogarde 1, 14 Sky Cinema SUBTITLED ★★★
PRETTY POISON 9 Sky MovieMax ★★★
PRIVATE HELL 36 Ida Lupino 29 Sky Cinema ★★★
THE RACKET 18 Sky Cinema ★★★
SAM CHURCHILL: SEARCH FOR A HOMELESS MAN 1, 9, 19 Sky MovieMax ★★★
SHERLOCK HOLMES AND THE SPIDER WOMAN 17 Sky Cinema ★★★
SHERLOCK HOLMES AND THE VOICE OF TERROR 11 Sky Cinema ★★★
SIX DAYS, SIX NIGHTS 21 FilmFour PREMIERE ★★★
THE SNIPER Adolphe Menjou 13, 22 Sky Cinema ★★★
SOL MADRID 27 TNT ★★★
SPAWN 15 Sky MovieMax SUBTITLED DS ★★★
STAG John Stockwell 27 Sky MovieMax ★★★
STANDOFF Robert Sean Leonard 30 Sky MovieMax PREMIERE ★★★
SUBLET Danny Nucci 25 Sky MovieMax ★★★
SUDDEN IMPACT 4 Sky MovieMax ★★★
SWEARING ALLEGIANCE 8, 21 Sky MovieMax ★★★
SWITCHBACK 16 Sky MovieMax SUBTITLED ★★★
T-MEN 30 Sky Cinema ★★★
TONY ROME Frank Sinatra 1, 12 Sky Cinema ★★★
TOO CLOSE TO HOME 1, 13 Sky MovieMax ★★★
TOTAL STRANGER Lindsay Crouse 27 Sky MovieMax PREMIERE ★★★
TOWN ON TRIAL John Mills 2, 21 Sky Cinema ★★★
TRACK OF THE CAT Robert Mitchum 15 Sky Cinema ★★★
THE TRIGGER EFFECT 31 Sky MovieMax SUBTITLED ★★★
TWISTS OF TERROR 5 Sky MovieMax ★★★
UNFORGETTABLE 9 Sky Premier SUBTITLED ★★★
VOLCANO 10 Sky Premier SUBTITLED ★★★
VOYAGE OF TERROR 1 Sky MovieMax SUBTITLED ★★★
WAIT UNTIL DARK 24 Sky Cinema ★★★
WHITE HEAT 26 TNT ★★★★
THE YELLOW CANARY 11 Sky Cinema ★★★
ZIGZAG George Kennedy, 28 TNT ★★★

SCIENCE FICTION/ FANTASY

ALIEN ABDUCTION: THE MCPHERSON TAPE 12 Sky MovieMax ★★★
ALIEN RESURRECTION 23 Sky Premier SUBTITLED ★★★★
BACK TO THE FUTURE PART II Michael J Fox 26 Sky Premier DS ★★★
BODY SNATCHERS 14 FilmFour SUBTITLED ★★★
BRAINSTORM 18 TNT WIDESCREEN ★★★
CHILDREN OF THE DAMNED 30 TNT ★★★
DAMNATION ALLEY 20, 28 Sky MovieMax ★★★
DEMON SEED 11 TNT WIDESCREEN ★★★
DESTINATION MOON 20 Sky Cinema SUBTITLED ★★★
DESTINATION MOON 24 FilmFour SUBTITLED ★★★
DUNE 24 FilmFour SUBTITLED ★★★
THE EARTH DIES SCREAMING Willard Parker 16 Sky Cinema ★★★
EARTH VS THE FLYING SAUCERS Hugh Marlowe 21 Sky Cinema ★★★
EDWARD SCISSORHANDS Johnny Depp 7, 16, 28 FilmFour SUBTITLED ★★★★
ENEMY MINE Dennis Quaid 24 FilmFour SUBTITLED ★★★
EVENT HORIZON 3 Sky Premier SUBTITLED ★★★
FORBIDDEN PLANET 17 TNT WIDESCREEN ★★★
GODZILLA 3 FilmFour SUBTITLED ★★★
GODZILLA VS MECHAGODZILLA 20 FilmFour ★★★
KULL THE CONQUEROR 6 Sky MovieMax ★★★
LAND BEFORE TIME V: THE MYSTERIOUS ISLAND 25 Sky Premier ★★★
LOGAN'S RUN Michael York 18 TNT WIDESCREEN ★★★
THE MAN WHO FELL TO EARTH 15 FilmFour SUBTITLED ★★★
MEN IN BLACK 8 Sky Premier SUBTITLED ★★★★
OMEGA DOOM 6, 20 Sky MovieMax ★★★
PHOENIX II Marc Singer 1, 19, 29 Sky MovieMax LAST PLAY ★★★
PROJECT MOONBASE 28 FilmFour ★★★
THE RIGHT STUFF 31 FilmFour ★★★
ROBOCOP 2 Peter Weller 7 Sky MovieMax ★★★
SOYLENT GREEN Charlton Heston 6 TNT ★★★★
SPACE TRUCKERS 19 Sky MovieMax DS ★★★
SPECIAL REPORT: JOURNEY TO MARS 27 Sky MovieMax ★★★
STARSHIP TROOPERS Casper Van Dien 10, 20 Sky Premier SUBTITLED PREMIERE DS ★★★
STAR TREK: FIRST CONTACT 18 Sky Premier SUBTITLED ★★★
TARGET EARTH Marcia Cross 26 Sky MovieMax SUBTITLED DS ★★★
TIME BANDITS 2, 12 FilmFour SUBTITLED ★★★
TURBO: A POWER RANGERS MOVIE 4, 13 Sky Premier SUBTITLED ★★
2010 Roy Scheider 17 TNT WIDESCREEN ★★★★
VILLAGE OF THE DAMNED 10 TNT ★★★
VIPER James McCaffrey 18 Sky MovieMax ★★★
W.E.I.R.D. WORLD 27 Sky MovieMax ★★★
WARLORD: BATTLE FOR THE GALAXY Rod Taylor 24 Sky MovieMax ★★★
WARRIORS OF VIRTUE 2, 15, 27 Sky Premier ★★★
WESTWORLD Yul Brynner 24 TNT WIDESCREEN ★★★★
ZARDOZ Sean Connery 28 Sky Cinema ★★★★

WESTERN

APACHE TRAIL Lloyd Nolan 22 TNT ★★★
APACHE WAR SMOKE Gilbert Roland 25 TNT ★★★
THE BALLAD OF CABLE HOGUE Jason Robards 17 Sky Cinema ★★★
BARRICADE Raymond Massey 24 Sky Cinema ★★★
THE BIG LAND Alan Ladd 15 Sky Cinema ★★★
BILLY THE KID 22 TNT ★★★
BLOOD ON THE MOON 18 Sky Cinema ★★★
BORDER SHOOTOUT Glenn Ford, Cody Glenn 23 TNT ★★★
CAHILL – UNITED STATES MARSHAL 5 Sky Cinema ★★★
CATLOW 22 TNT ★★★
THE CISCO KID 20 TNT ★★★
CONAGHER 20 TNT ★★★
DEAF SMITH & JOHNNY EARS 19 TNT ★★★
DESPERATE TRAIL Sam Elliott 20 TNT ★★★
THE DEVIL'S SADDLE LEGION 19 TNT ★★★
FIVE EASY PIECES 4 FilmFour ★★★★
FROM HELL TO TEXAS Don Murray 27 Sky Cinema ★★★
GORE VIDAL'S BILLY THE KID 22 TNT ★★★
GUNFIGHT AT THE O.K.CORRAL 25 Sky Cinema SUBTITLED ★★★★
HOW THE WEST WAS WON 25 TNT ★★★★
THE LIFE AND TIMES OF JUDGE ROY BEAN 19 Sky Cinema ★★★★
THE LONG KILL Willie Nelson 12 Sky MovieMax ★★★
THE MAGNIFICENT SEVEN 1, 22, 29 FilmFour SUBTITLED ★★★★★
THE MAN BEHIND THE GUN 1, 17, 31 Sky Cinema ★★★
THE MAN WHO SHOT LIBERTY VALANCE James Stewart 30 Sky Cinema ★★★
THE NAKED SPUR James Stewart 21 TNT ★★★★
PAT GARRETT AND BILLY THE KID 24 TNT WIDESCREEN ★★★★
POCKET MONEY Lee Marvin 14 Sky Cinema ★★★
THE PROUD ONES Robert Ryan 5, 25 Sky Cinema ★★★
RAWHIDE Tyrone Power 21 Sky Cinema ★★★
RETURN OF THE FRONTIERSMAN 16 Sky Cinema ★★★
RIDE HIM COWBOY John Wayne 25 TNT ★★★
RIDE THE HIGH COUNTRY Randolph Scott 24 TNT ★★★
RINGO AND HIS GOLDEN PISTOL 23 TNT ★★★
THE ROUNDERS Henry Fonda 24 TNT ★★★
SON OF PALEFACE 28 Sky Cinema ★★★
THEY DIED WITH THEIR BOOTS ON Errol Flynn, Olivia de Havilland 19 TNT ★★★
THREE HOURS TO KILL 3 Sky Cinema ★★★
3.10 TO YUMA Glenn Ford, Van Heflin, Henry Jones 6 Sky Cinema ★★★★
THE TIN STAR 25 Sky Cinema SUBTITLED ★★★
TOM HORN Steve McQueen 15 Sky Cinema ★★★
WELCOME TO HARD TIMES 20 TNT ★★★

STELLAR SUCCESS

It's had more hype than probably any other film in history (and that's one heck of a lot of hype), but most people still can't get enough of the year's, possibly the decade's, biggest film. It's *Star Wars: Episode I – The Phantom Menace*, of course, and although it may be a while before it makes it onto Sky, they've got almost the next best thing – an intriguing documentary called *Feel the Force*, which focuses on the extraordinary devotion of fans and the lengths some of them have gone to in the name of *Star Wars*. The programme also looks at the lucrative industries that have grown out of the movies – industries that have turned over an estimated $4billion in merchandising sales. *Feel the Force* is accompanied by *Star Wars – The Making of the Myth*, which will be shown next week on Thursday 15th. Together, the two programmes document the story of what is possibly Hollywood's most amazing movie success. It seems incredible now, but back in the mid-Seventies when a young George Lucas finally persuaded Twentieth Century Fox to make let him make the original *Star Wars*, he was paid a mere $100,000 – paltry even by standards of the day. The studio apparently had very low expectations of the movie because, at the time, science fiction was not a popular genre. Steven Spielberg (who went on to make his own sci-fi spectacular, *Close Encounters of the Third Kind*) was one of the few people to have confidence in the project: 'The film will make a hundred million,' he proclaimed. As it happened, *Star Wars* and its two sequels *The Empire Strikes Back* and *Return of the Jedi* have made (in addition to the $4billion from merchandising), a staggering $1.8billion. It's difficult to find anyone who hasn't seen any, or all three, of the movies. So, now we have the fourth *Star Wars* movie, which, being a prequel is actually the first part of the saga, and as true fans will excitedly tell you, there are two more to come. Episode II, shooting in Italy, Tunisia and Australia, is due for release in summer 2002. And Episode III is due to start shooting in 2003 and won't be in the cinemas till 2005. Something to look forward to.

Sky Premier Sunday 4th 8.30pm

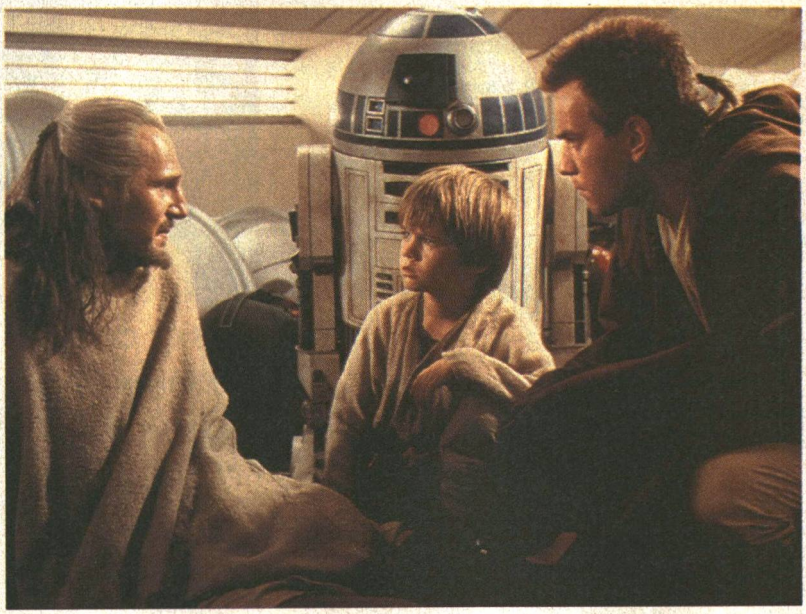


PHOTO: LUCAS FILMS

TURNING JAPANESE

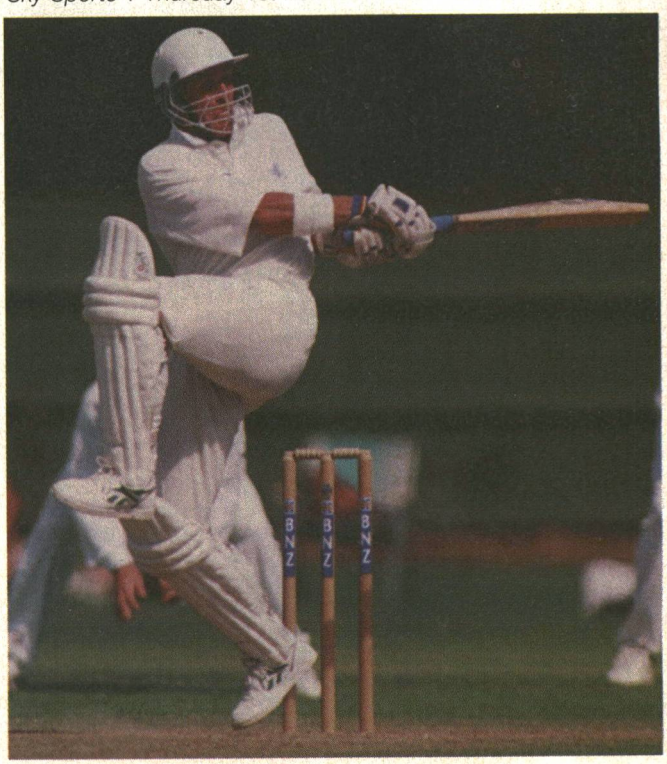
Some of the most creative animation of recent years has come out of Japan. The fantastical settings, crazy characters and insane stories of these boldly rendered cartoons, or anime, have earned them a huge following in the West. Based on the popular Nintendo game, the quirky nature of *Pokémon*, and the fact that it's a compromised American overhaul of a Japanese series, might not endear itself to anime purists, but it can match the darker, more adult-oriented offerings plot for outlandishly imagined plot. Our hero is Ash, a 10-year-old boy who hopes to become the finest trainer of Pokémon, or pocket monsters, of which there are 150 types. But Ash has enemies who are aiming to thwart his ambitions. The series boasts many eccentrically irrational storylines that defy description; its bizarre mix of Eastern and Western influences and plots make it one of the most wildly inventive cartoon series around. Among this week's episodes is *The March of the Exeggcutor Squad*.

Sky One weekdays 8.00am, Saturdays 9.30am, 2.30pm

A TEST OF STRENGTH

The first Test between England and New Zealand gets underway at Edgbaston this week, and cricket purists will welcome the return to a more studied pace after the colourful one-day theatrics of the recent Cricket World Cup. The home side will be desperate to regain some credibility after crashing out of the World Cup to India. Their bowling salvo will be spearheaded by Darren Gough, but the visitors will be no pushover – they made headlines during the World Cup when, thanks to a skilful seam bowling attack, they beat Australia by five wickets.

Sky Sports 1 Thursday 1st from 10.00am – LIVE



Thursday 1 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
Let Me Call You Sweetheart
1997, rating Sky PG, 88 mins
8.00 Forever Love
1998, rating Sky PG, 87 mins
10.00 Nico the Unicorn
1998, rating Sky PG, DS, 91 mins
12noon Going Under
1990, rating Sky PG, 77 mins
2.00pm The Man Who Captured Eichmann
Robert Duvall, Arliss Howard, Jeffrey Tambor, Jack Laufer
Secret agent Peter Malkin receives a tip from a blind man as to the whereabouts of the Nazi Adolph Eichmann, who has been wanted for war crimes for the last 25 years. **Text** *1996, rating Sky PG, 92 mins*

4.00 Forever Love
Reba McEntire, Tim Matheson, Bess Armstrong, Heather Stephens, Scott Foley
Drama based on the poignant true story about a young woman who falls into a coma. When she awakens 20 years later she finds herself confronting a very different world and has to begin her life all over again. *1998, rating Sky PG, 87 mins*

6.00 Nico the Unicorn
Anne Archer, Michael Ontkean, Kevin Zegers, Elisha Cuthbert
Family drama about a young boy and his mother who move to Vermont following a tragic accident which leaves the boy disabled and his father dead. The boy finds it hard to settle in his new home until a magical pony comes into his life. *1998, rating Sky PG, DS, 91 mins*

8.00 Fierce Creatures
John Cleese, Jamie Lee Curtis, Kevin Kline, Michael Palin
Marwood Zoo is facing extinction at the hands of a media mogul who demands a return on his investment. To boost visitor numbers, the zoo's director gets rid of the cute animals and replaces them with man-eating, violent creatures. **Text** *1997, rating Sky 12, 89 mins*

10.00
Barry Norman's Film Night
News, reviews and interviews.
10.30 One Night Stand
Wesley Snipes, Nastassja Kinski, Kyle MacLachlan
Erotically charged examination of infidelity, truth and deception. A man learns that a passionate one night stand can sometimes come back to haunt you. **Text** *1997, rating Sky 18, 99 mins*

12.15am Criminal Law
Gary Oldman, Kevin Bacon
Thriller. *1989, rating Sky 18, 109 mins*
2.10 The Proprietor
Jeanne Moreau, Sean Young
1996, rating Sky 12, 109 mins
4.05-6.00am The Man Who Captured Eichmann
Text *1996, rating Sky PG, 92 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Race the Sun
Text *1996, rating Sky PG, 96 mins*
9.00 Sam Churchill: Search for a Homeless Man
John Schneider, Robin Lively
1998, rating Sky PG, 92 mins
11.00 Too Close to Home
Judith Light, Rick Schroder
1997, rating Sky PG, 88 mins
1.00pm Loyal Opposition: Terror in the White House
1997, rating Sky PG, 92 mins

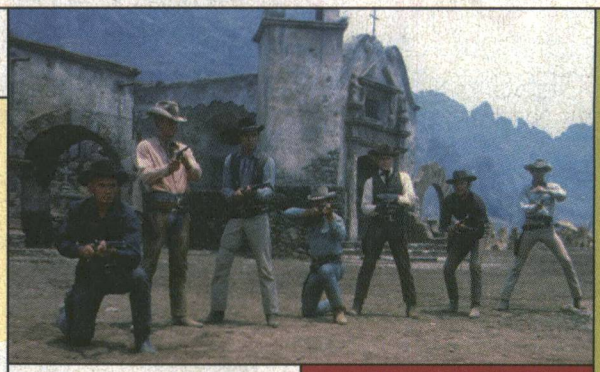
3.00 Race the Sun
Halle Berry, James Belushi, Casey Affleck, Eliza Tighe
A group of drop-out Hawaiian students find hope and inspiration when a fresh-faced new teacher comes into the classroom. Together, they design, build and race a special solar-powered car across the Australian sub-continent. **Text** *1996, rating Sky PG, 96 mins*

5.00
Sam Churchill: Search for a Homeless Man
John Schneider, Robin Lively, Alex Rocco, Rudy Ramos
A private investigator is hired to track down the father of a client and finds himself caught up in the dangerous world of pornography. Will he round up the criminals? *1998, rating Sky PG, 92 mins*

7.00 Voyage of Terror
Lindsay Wagner, Brian Dennehy, Martin Sheen, David Bloom
Gripping thriller. A high-profile scientist faces a nail-biting race against time when he has to find a cure for a deadly virus that is infecting those on board a ship. Either he finds a cure or the government will blow the vessel up. **Text** *1998, rating Sky PG, 89 mins*

9.00 Buffalo Soldiers
Danny Glover, Timothy Busfield, Bob Gunton, Carl Lumbly, Lamont Bentley, Tom Bower, Bob Gunton, Robert Knott
PREMIERE Violent post civil-war drama. A black sergeant takes charge of an all-black US Cavalry troop on the trail of an Apache warrior towards the close of the Civil War. *1997, rating Sky 15, 91 mins*

11.00 Men of War
Dolph Lundgren, Charlotte Lewis
PREMIERE A mercenary hunter becomes the hunted in this South Sea action movie. *1994, rating Sky 18, 99 mins*
12.45am As Summers Die
Scott Glenn, Jamie Lee Curtis
1986, rating Sky PG, 84 mins
2.15 The Island of Dr Moreau
Text *1996, rating Sky 15, 94 mins*
3.55 Phoenix II
1996, rating Sky 18, 87 mins
5.25-7.00am Loyal Opposition: Terror in the White House
1997, rating Sky PG, 92 mins



SKY CINEMA
PREMIUM CHANNEL

An unforgettable cast features in the classic Western 'The Magnificent Seven'. FilmFour 9.30pm

4.00pm To Each His Own
Olivia de Havilland, John Lund, Mary Anderson, Roland Culver, Phillip Terry, Bill Goodwin
Drama about a small-town woman, Josephine Norris, who has an illegitimate son by an itinerant pilot. After she is forced to give him to another family, she devotes her life to loving him from afar. *1946, rating Sky U, 117 mins*

6.00 House of Bamboo
Robert Ryan, Robert Stack, Shirley Yamaguchi, Cameron Mitchell, Brad Dexter
Crime drama set in Tokyo. A former soldier, Eddie Spanner, investigates a Japanese gang's well-organised and violent activities, which involve ambushing ammunitions supply vehicles and stealing the hardware. *1955, 99 mins*

8.00 The Absent-Minded Professor
Fred MacMurray, Nancy Olson, Keenan Wynn, Tommy Kirk
The inspiration for the Robin Williams movie *Flubber*, this comedy follows an inventor who perfects an amazing anti-gravity flying rubber substance that enables objects to bounce to incredible heights. *1961, rating Sky U, 92 mins*

10.00 Permission to Kill
Dirk Bogarde, Ava Gardner, Timothy Dalton
Thriller about a spy's efforts to return to his home country, and the agents from the West who are determined to stop him. **Text** *1975, rating Sky 15, 92 mins*

11.40 Tony Rome
Frank Sinatra, Jill St John
A private eye seeks the reasons behind the fall from grace of the daughter of his millionaire client. *1967, rating Sky 15, 106 mins*
1.30am The Man Behind the Gun
Randolph Scott, Patrice Wymore, 1952, rating Sky 12, 79 mins
2.55 The Perils of Pauline
1967, rating Sky U, 98 mins
4.40-6.00am Block-Heads
1938, rating Sky U, 56 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Cincinnati Kid
Steve McQueen, Edward G Robinson, Cab Calloway
Drama about professional gamblers and the effect of a talented young newcomer on a circle of New Orleans card players in the 1930s. The story centres on a showdown between the outsider and the reigning stud poker champion.
Widescreen *1965, 101 mins*

11.00 The Asphalt Jungle
Sterling Hayden, Louis Calhern, Jean Hagen, Marilyn Monroe
Gritty drama about an ex-con's attempt to pull off one last heist. *1950, 108 mins*
1.15am Brotherly Love
Peter O'Toole, Susannah York
Comedy drama about the uneasy relationship between a Scottish aristocrat and his married sister. *1969, 108 mins*
3.15-5.00am The Cincinnati Kid
Steve McQueen, Edward G Robinson, Cab Calloway
Widescreen *1965, 101 mins*

WANT TO KNOW WHICH JULIA ROBERTS FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm
The Seven Samurai
Takashi Shimura, Toshiro Mifune, Yoshio Inaba, Seiji Miyaguchi, Minoru Chiaki
Kurosawa's epic masterpiece, set in the 16th century, tells the story of seven mercenary Samurai warriors who agree to defend a village against a gang of bandits who are continually attacking them. The samurai help the townspeople by teaching them to defend themselves, in return for three meals a day. Before long, over 40 bandits descend on the village resulting in a giant battle of good versus evil. *1954, 190 mins*

9.30
The Magnificent Seven
Yul Brynner, Steve McQueen, Charles Bronson, James Coburn, Eli Wallach, Robert Vaughn
Classic remake of Kurosawa's Western in which seven gunmen are hired to defend a small oppressed Mexican farming village which has been the target of a group of *bandidos*. *1960, 123 mins*

11.40 Angel
Stephen Rea, Veronica Quilligan
A saxophonist witnesses the murder of a young mute girl. *1982, 88 mins*
1.10am Love's Lost Hour
An old man talks to his dead wife.
1.30 Villain
Gangland drama. *1971, 94 mins*
3.10 Taxi Driver
Robert De Niro, Cybill Shepherd
Scorsese's classic. *1976, 109 mins*
5.00-6.00am
Outrageous Taxi Stories
New York tales of fares from hell.

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Romantic comedy which takes a look at the 'what ifs' in life, following the different development of a particular woman's life after she misses, and doesn't miss, one train. Stars Gwyneth Paltrow and John Hannah. *1998, rating Sky 15, 95 mins*
PLAYS AT 6.00am, 8.00am, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 3
Channel 53
GODZILLA
One of the biggest special effects movies of the decade. The mutant result of French nuclear testing, the big green monster decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick. *1998, rating Sky PG, 133 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am, 3.30am

Sky Box Office 4
Channel 54
MIMIC
A scientist develops a breed of bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a couple of kids bring her a strange insect they found in the New York subway system, she realises the insects did not die; they evolved. Stars Mira Sorvino. *1997, rating Sky 15, 101 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Tell Him Right Now or I Will

3.00 Jenny Jones
You Made My Heart Soar and Now I Want More
Guests are eager for the opportunity to take their budding relationships further.

4.00 Guilty!
Roisin is accused by best friend Tina of not being happy now that she's found love and John's accused by his girlfriend's sister of breaking women's hearts.

5.00 Star Trek: Deep Space Nine
Indiscretion
Kira discovers the reason her nemesis wants to accompany her. Text

6.00 TBA
6.30 Friends
The One with the Giant Poking Device
Chandler and Janice make a difficult decision. Text

7.00 The Simpsons
Grade School Confidential
Bart tries blackmail. Text
7.30 The Simpsons
The Last Temptation of Krusty
Krusty shuns his old routines. Text

8.00 Dilbert
The Knack
More problems for Dilbert.
8.30 World's Weirdest Pets and People
Presented by Jenny Powell.

9.00 Friends
The One with Joey's Girlfriend
Ross and Rachel make each other jealous. Text
9.30 Friends
The One with the Dirty Girl Text

10.00 ER
And Baby Makes Two
Dr Greene and Dr Ross argue over a young Aids patient in this episode from the second series of this popular medical drama.

11.00 Friends
The One with the Giant Poking Device Text
11.30 Star Trek: Deep Space Nine
Indiscretion Text
12.30am The Chris Evans Breakfast Show
Join Chris and his wacky team.
1.30 Law and Order
Discord
A young woman accuses a popular rock star of rape.
2.30-7.00am Long Play
Soothing ballads to energetic dance videos all night long.

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Street Legal
Loxton is on the trail of a ring of car thieves.

3.25 The Bill
The Green-Eyed Monster
3.55 EastEnders
Pat plays surrogate mother to Mandy – but will Frank play the father's role?
4.30 Neighbours
Debbie is jealous of Beth, who makes a surprise move.
5.00 Dynasty
Road House
Joel tells Rita that she has to sleep with Blake, while Adam offers Bart Fallmont a bribe.
● FEATURE: page 9
6.00 Dangerfield
Someone breaks into the health centre and assaults a doctor, but there is a mystery surrounding the intruder's motives when no drugs are stolen.
7.00
Last of the Summer Wine
The Changing Face of Rural Blamire
7.40 May to December
Son of My Father
Can advice from Alec solve a crisis of conscience for Jamie?
8.20 The Brittas Empire
Chaos rules in the leisure centre when there's a hitch in an underwater wedding.
9.00
Only Fools and Horses
The Yellow Peril
Starring David Jason.
9.40 Porridge
Men without Women
Fletcher becomes a father figure and something of a welfare officer.
10.20 Bottom
Digger
The Linneker dating agency gives Richie a chance.
11.00 The Bill
Street Legal
11.30 The Bill
The Green-Eyed Monster
Haines uncovers some secrets.
12midnight Dad's Army
Room at the Bottom
12.35am
Some Mothers Do 'Ave 'Em
A Christmas episode from 1978.
1.25-2.45am Common as Muck
Ken and Sharon open their new hair and beauty salon.

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies
9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.15 The Dating Game 11.45 Maury Povich
12.30pm Fashion Emergency
1.00 Brookside
1.30 Michael Cole
2.20 Special Babies
2.50 Living Room
Upbeat magazine programme featuring celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
Find out what's happening in Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.
6.00
The Jerry Springer Show
American talk show about relationship issues.
6.50 Fashion Emergency
Makeover show helping ordinary people with style dilemmas.
7.15 Rescue 911
Real-life rescues by American emergency services.
7.45
The Jerry Springer Show
Lively entertainment with Jerry and guests.
8.30
FILM: Shattered Dreams
Lindsay Wagner, Michael Nouri, Tim Ahern, Russ Anderson
Fact-based drama about Charlotte, who suffers mental and physical abuse from her husband of 18 years, a senior Washington lawyer. Charlotte's family and friends plead with her to leave him but she stays believing he would be nothing without her. *1990*
10.30 Sextasy!
Raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Home to Roost
1.30 Only When I Laugh
2.00 The High Chaparral

3.00 London's Burning
A Dockland's pub is firebombed, and Kate is receiving counselling at an abortion clinic. With Rupert Baker, James Hazeldine and Stephen North.
4.00 The Return of Sherlock Holmes
The Man with the Twisted Lip
The distraught Mrs St Clair consults Sherlock Holmes when her husband fails to return home.
5.00 Charlie's Angels
Little Angels of the Night
The Angels are called to investigate when the female tenants of an apartment building are terrorised by a deranged killer.
6.00 Emmerdale
Frank thinks he's shut the lid on an open gate saga.
6.30
Classic Coronation Street
Hilda has trouble with Stan.
7.00 Home to Roost
Getting On
Matthew is convinced his dad's faculties are fading.
7.30 Only When I Laugh
These You Have Loved
8.00 The Benny Hill Show
Tonight Benny performs impressions of Cleo Laine, Esther Rantzen and Liberace. Fred Scuttle performs his own hilarious TV Festival.
9.00 The Sweeney
Down to You, Brother
Seventies cop drama.
10.00 Jokers Wild
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
First drives of the latest models and news on automotive technology.
11.30 4 Wheels
Weekly motoring magazine.
12midnight
Great British Motorsport
Motorsport featuring coverage of the GT, MGF and National Saloon Car Championships.
1.00am-2.00am
Choice Performance Power
Extreme sports show featuring a report from the World Superbike Championships in Australia.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Bear 9.55 Toothbrush Family 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB and J Otter 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Bear in the Big Blue House 12.55 Toothbrush Family 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Fun with Ariel and her friends, Sebastian and Flounder. Text
3.30 Art Attack
Innovative art show proving that anyone can be an artist. Text
4.00 101 Dalmatians
Canine capers. Text
4.30
Hercules: The TV Show
Hercules and the Golden Touch
Superhero adventures. Text
5.00 Recess Text
5.15 Pepper Ann
Pepper wants to be cool. Text
5.30
The Famous Jett Jackson
The Pilot Text
6.00 Smart Guy Text
6.30 Boy Meets World
Things Change
Cory has a hard time when graduation brings changes for him and his friends. Text
7.00 FILM: Aladdin and the King of Thieves
Voices of Robin Williams, Scott Weinger
Animated sequel. It's wedding time in Agrabah, as Aladdin and Jasmine finally tie the knot. *1996* Text
8.20 Honey, I Shrunk the Kids: TV Show
Honey, We've Been Swallowed by Grandpa Text
9.05 Double Dinosaurs
Prehistoric sitcom with the huge and huggable dinosaurs. This series takes an unusual view of human problems using state-of-the-art puppetry. Text
10.00 Home Improvement
10.30 The Wonder Years
11.00 Dr Quinn: Medicine Woman
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Magnificent Seven
FilmFour 9.30pm

Urged along by one of the most rousing scores, this fondly regarded all-star saddle-saga was deftly adapted by John Sturges from Japanese film-maker Akira Kurosawa's *The Seven Samurai*. It tells of a band of mercenaries who defend a beleaguered Mexican village from bandits.

GENERAL

Body Check
Granada Breeze 11.30am

There's certainly life after death for Phil Middlemiss. His *Coronation Street* character, Des Barnes, was bumped off but Phil has returned with a new magazine programme about healthy living. Today he finds out how The Corrs keep themselves fit throughout their long tour schedule.

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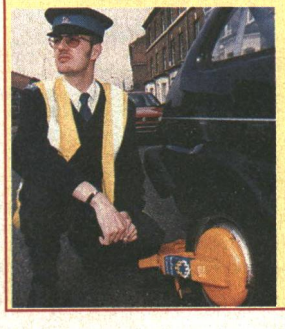


THE CLAMPERS 10.00PM

A double dose of road rage hits the streets tonight as clamper Ray Brown battles with the London motorists who are intent on illegal parking. It's no easy task for Ray as we discover insults and even assault are all part of the daily abuse that attendants suffer.

Thursday 1 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Motorsports
9.00 Triathlon
10.00 Athletics
Coverage of the 1999 USA Outdoor Track and Field Championships in Oregon.
11.30 Start Your Engines
1.30pm Fishing
Action from the 1997 Marlin World Cup held in Mauritius.
2.30 Football
Archive footage of the European Championships from 1980.

3.00 PM
3.30 Football
Action from the Women's World Cup as the competition reaches the quarter-final stage.

4.00 PM

5.00 PM
5.30 Olympic Games
Focusing on the link between South Africa and the Olympics.

6.00 PM
6.00 Motorcycling
The latest Grand Prix highlights from Assen with interviews and all the latest action.

7.00 PM
7.00 Football
Further action from the USA where the Women's World Cup has reached the quarter-finals stage.

8.00 PM

9.00 PM
9.00 Boxing
Highlights of a top international bout.

10.00 PM
10.00 Sumo
Thumping action from the Grand Sumo Tournament in Tokyo, Japan.

11.00 PM
11.00 Racing Line
Racing news and tips from the turf.

12.00 NIGHT TIME
12midnight-12.30am Truck Sports
Coverage of the FIA European Truck Racing Cup held at Spielberg, Austria.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Shotgun
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30
European Tour Weekly
10.00
Cricket: England v New Zealand 1st Test – LIVE
Coverage from the opening day's play in the Test between England and New Zealand. Edgbaston plays host to the opening game in the five match series. David Gower presents ball-by-ball coverage, assisted in the commentary box by Ian Botham, Bob Willis and former England coach David Lloyd.

6.30pm
Sky Sports Centre
All the latest sporting news from around the world.
7.00 Sports Auction: Golf Memorabilia Auction Preview
7.30
Trans World Sport
A foray into the week's sports news, tournaments and competitions from across the globe.
8.30
Formula Palmer Audi
High-octane action.
9.00 Formula 3
Action from Brands Hatch and Donington.
9.30
Cricket: England v New Zealand 1st Test
Highlights of the action from the opening day's play in the first Cornhill Insurance Test match between England and New Zealand.
11.00
Sky Sports Centre
11.15 Euro Tour Golf: Murphy's Irish Open
Highlights of the shots that matter from the day's play.
1.15am Trans World Sport
Highlights of the action from the Gaelic Games.
2.15 Tight Lines
Fishing news.
3.15 Formula Palmer Audi
3.45 Formula 3
4.15-4.30am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre 7.45 Racing News 8.15 World Motocross Championship 8.45 Sky Sports Centre 9.00 Fish TV: Fly Fishing 9.30 Fish TV: Gone Fishing 10.00 Golf Extra 12noon Watersports World 1.00pm Copa America Football: Chile v Mexico and Brazil v Venezuela

3.00 Ringside
Paul Dempsey presents the show that covers all the best boxing action from around the country.

4.30 Extreme Sailing
All the action from the Gaelic games.
5.00 Copa America Football: Chile v Mexico; Brazil v Venezuela
Back-to-back soccer action action from South America's football fiesta – the Copa America. Chile take on Mexico while Brazil play Venezuela.
7.00 International Football: Boys U16 England v France – LIVE
Full coverage of the boys' under-16 international, giving fans a chance to spot the Premiership stars of the future.
9.00 Futbol Mundial
Football action from around the globe.
9.30 Extreme Sailing
Boating magazine.
10.00 Copa America Football: Chile v Mexico and Brazil v Venezuela
A double header of action from South America's greatest football fiesta – the Copa America.

12midnight
Copa America Football: Uruguay v Colombia and Argentina v Ecuador – LIVE
Uruguay go head-to-head with Colombia in the Copa America group stages.
4.00am-4.15am
Sky Sports Centre

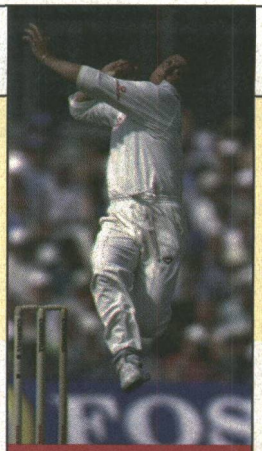
SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Superstars
1.00pm Fish TV: Fly Fishing
Fly fishing tips and advice from the angling experts who make it look easy.
1.30 Fish TV: Gone Fishing
Fish the waters of New Zealand and the South Pacific with affable host Graham Sinclair.
2.00 Euro Tour Golf: Murphy's Irish Open – LIVE
Action from day one of the 1999 Murphy's Irish Open which takes place at Druids Glen in Dublin. Europe's top golfers are looking for a share of the one million euros prize fund in an event won last year by England's David Carter.

6.00
Formula Palmer Audi
High-octane action.
6.30
Inside the PGA Tour
Behind the scenes.
7.00 Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity and offer helpful advice to some fishing fanatics.
8.00 Ford Golf USA: Motorola Western Open – LIVE
Action from the first day's play in the Motorola Western Open at the Cog Hill Golf and Country Club, Lemont. The $2.5 million event was won by Joe Durant last year.

11.00-11.30pm
Sports Auction: Golf Memorabilia Auction Preview

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.



England paceman Darren Gough looks to send the Kiwi attack running for cover. Sky Sports 1 10.00am – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30 Best of Did You See...?
7.00 Super Match – Vintage Reds Manchester United v Wolves
Step back in time to witness this 81/82 clash.
8.00 Red Hot News
All the latest developments.
8.15
Super Match Shorts
8.30 Super Match – Premier Classic Wimbledon v Manchester United
The final game of the season in 1993.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
10.30 Red Hot News
The latest from the Old Trafford, home of the country's biggest club.
10.45
Super Match Shorts
11.00-12midnight
An Audience with...
A United legend takes centre stage.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
Journey to the Oasis
Wilma Deering falls in love with an alien ambassador, unaware of his secret.
4.00
The Incredible Hulk
Behind the Wheel
More scrapes and adventures for the green-skinned super hero.
5.00 Sightings
A batch of extraordinary real-life stories involving incredible luck, superstition, UFOs or near-death experiences.
6.00 Robocop
Zone Five
Robocop uncovers a violent gang's sinister plot to flood the city of Old Detroit with drugs.
7.00 The Six Million Dollar Man
Double Trouble
Steve Austin poses as the bodyguard for a nightclub comic.
8.00 PSI Factor – Chronicles of the Paranormal
Absolution
Praeger appears to suffer a mental breakdown.
9.00 Babylon 5
The Hour of the Wolf
Sheridan is missing and presumed dead. The Centauris continue to ally with the Shadows.
10.00
FILM: Automatic
Olivier Gruner, Daphne Ashbrook, John Glover
Nora Rochester and a robotic security guard J269 are sent on the run because J269 accidentally killed the company's director of marketing. *1994*
11.40
Sci-Focus Special
12midnight Twin Peaks
1.00am FILM: Prom Night
Horror film. *1980*
2.45 Sci-Focus Special
A look behind the scenes of a recent blockbuster movie.
3.00-4.00am Dark Shadows
Double helping of the ongoing Collins family saga.

LIVE
ENGLAND V NEW ZEALAND by Ross Biddiscombe
SKY SPORTS 1 10.00AM

The opening day's play of the five Test series between England and New Zealand at Edgbaston today marks a historic occasion for Sky as it is the first time it has shown a Test live on British soil. On paper, this is a meeting of two well-matched teams. Yet England will be keen to exorcise the memory of their premature World Cup exit, and captain Alec Stewart and inspirational bowler Darren Gough will be determined to make the Kiwis pay.

ITV2
ACCESS PACK

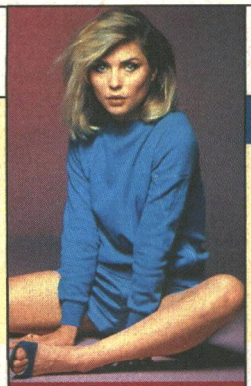
4.00pm Trisha
5.05 Club 2 1930: Man O Man
Chris Tarrant hosts the show where an all-female audience put male hopefuls through their paces.
5.45 Words with
6.05 Energize
Sports programme with Jamie Baulch.
6.30 Bedrock
7.30 Sport Zone: NBA Action
8.00 Taking the Pitch
Comedian Bob Mills hosts this brand new knockout soccer quiz.
8.30 MTB
Marc Beisiegel presents coverage of the mountain bike 1999 World Cup.
9.00 Unmissable ITV: Prime Suspect 5
Errors of Judgement
11.00 Emmerdale
Soap opera set in the Yorkshire dales.
11.30 For Better for Worse
Series following eight couples during the first six months of marriage, narrated by John Thomson.
12midnight
Late Zone: Bedrock
An hour of fun with celebrity guests and music.
1.00am Taking the Pitch
With Bob Mills.
1.30-2.00am MTB
Mountain biking show presented by Marc Beisiegel.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Sex Fest
12.20 Northern Exposer
12.45 FILM: The Adventures of Mikki
Adult feature film.
2.00 Vice World
2.25 FILM
3.40-4.00am Kimberley

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Thursday 1 July



Peroxide punk icon Debbie Harry performs in 'Blondie Live at the Beat Club'. VH1 2.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
Cryptic conundrums.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by the perennial Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the world of trash in a new late-night quiz on entertainment.
11.00
Celebrity TV Bloopers
The mistakes that the stars hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Mis-Match of the Day 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
Mis-Match of the Day
Celebrity football challenge.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People live out their apocalyptic wishes.
10.00 Compromising Situations
Erotic drama series from America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 Slice of Life 10.30 Food for Thought 11.00 Costa del Nosh 11.30 Chef on a Shoestring 12noon Food Network Daily 12.30pm School Dinners 1.00 Coxon's Kitchen College 1.30 A Taste of England 2.00 An Umbrian Kitchen 2.30 Food Network Daily 3.00 Simply Fish
Tuna Fishcakes
3.45 More Simply Antony
Tex-Mex
4.30-5.00pm Newman Meets
Nanette talks to Ken Hom.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Classic Three-Course Meals
5.30 Get Smart
Viva Smart
6.00 I Spy
Trial by Treehouse
Kelly and Alex are called in to investigate a case of sabotage at a hydro-electric plant.
7.00 Boon
Rival Eyes
Women-trouble is in the air when Boon investigates a burglary and Harry moves house.
8.00 Goodnight Sweetheart
Just One More Chance
8.30 Slice of Life
China Courts
A Birmingham restaurant.
9.00 St Elsewhere
Breathless
A priggish Ehrlich may find true love after all, and the strike negotiator asks Rosenthal out on a date.
10.00 Melissa
The detectives feel sure they have cracked the mystery surrounding Melissa, her husband and their circle of friends.
11.00
Hill Street Blues
Last White Man on East Ferry Avenue
The last white man in an area barricades himself in.
12midnight-1.00am I Spy
Trial by Treehouse
Kelly and Alex are called in to investigate a case of sabotage at a hydro-electricitiy plant.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 1.00pm Judge Wapner's Animal Court 1.30 Hollywood Safari
War Games
During military exercises, two participants upset a lion.
2.00 Born to Be Free
Following three Kenyan lion cubs as they are re-introduced into the wild.
3.00
Wild Veterinarians
Doctor Rhino
3.30 Wild at Heart
Giraffes of the Transvaal
Mysterious giraffe deaths.
4.00 The Elephants of Tsavo
A personal account of the threat to elephants and rhinos in Kenya's Tsavo National Park.
5.00 Wildlife SOS
An injured fox faces an agonising fate.
5.30 Wildlife SOS
A deer is released and a buzzard is captured.
6.00 Pet Rescue
Wendy Turner and Mark Evans follow the fortunes of abandoned animals as the RSPCA rescues them.
6.30 Pet Rescue
7.00 Animal Doctor
A behind-the-scenes look at the work of the RSPCA.
7.30 Animal Doctor
The vets attempt to help the helpless.
8.00 Judge Wapner's Animal Court
The case of the lost dog.
8.30 Judge Wapner's Animal Court
The escaped dogs case.
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital.
9.30 Emergency Vets
Stories from Denver as animals are saved.
10.00
Emergency Vets
10.30 Country Vets
Two piranha fish are found suffering from a mystery illness.
11.00-12midnight
Untamed Africa: Mother Courage
Life with Duma, the mother of cheetahs in the Masai Mara.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Aristotle Onassis 8.30 Children's Hospital 9.00 Children's Hospital 9.30 Esther 10.00 Animal Hospital Roadshow 10.30 Animal Hospital Roadshow 11.00 Excalibur 12noon Chernobyl 1.00pm Las Vegas and the Mormons 2.00 The Bubble

3.00 Crime Limited
Presented by Nick Ross.
3.30 Esther
Esther's Blind Date
The five eligible men from last month's programme.
4.00
Children's Hospital – Special Edition
4.30
Children's Hospital – Special Edition
5.00 Animal Hospital Roadshow
People and their pets at animal centres.
5.30 Animal Hospital Roadshow
6.00 The Search for the Holy Grail
Why the quest for the Holy Grail continues in a hi-tech digital age. Narrated by Ian McShane.
7.00 The Man Who Lost His Body
The man who has shocked neurologists with the recovery of his destroyed nervous system.
8.00 Springbok of the Kalahari
The springbok, a beautiful but fragile antelope.
8.30 Kalahari Bigfoot
The baby springbare.
9.00 Blow Up
The demolition of a 300ft building in Pittsburgh, situated next to a church with historic stained-glass windows.
10.00 The Clampers
A warden spots a fraudulent business permit.
10.30 The Clampers
On the front line with the clampers.
11.05 Top Gear GTi
Testing the latest models, plus motoring news.
12.05am-1.00am
The Birth of Horror
Dracula

UK PLAY:
1.00am Fast Show 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard's Pop Upstairs Downstairs 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Health Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Gorgeous Gardens 10.00 Intimate Portrait 11.00 Julia Carling's Style Guide 11.30 Body Check 12noon Montel Williams 1.00pm Food Livetime 2.00 The View

3.00 Food Livetime
Culinary and dietary advice, tasty tips, dazzling recipes and cookery demonstrations from a panel of top chefs.
4.00 The Montel Williams Show
Which Man is the Father?
US chat show host Montel Williams uses his unique, passionate approach.
5.00 Julia Carling's Style Guide
5.30-6.00pm
Body Check
With Paul Gascoigne.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Big Guy: The Florida Panther
A look at one of America's rarest animals.
7.30 Africa's Big Five
The natural history of five African animals: the rhino, the elephant, the leopard, the lion and the buffalo.
8.30
Animal Attraction
Rules in the mating game.
9.00
Tsunami: Killer Wave
Scientists reconstruct the effects of past tsunamis and decipher the threats posed by future ones.
10.00 On the Edge: Arctic Journey
The attempt to conquer the last great polar challenge, an unsupported crossing of the Arctic.
11.00 On the Edge: The Abyss
Explore one of the world's greatest ravines, dividing the plateaus of Mount Kinabalu in Asia.
12midnight
Treasures of the Titanic
Join a US car dealer, who won a legal battle to recover artefacts from the Titanic.
12.30am-1.00am U-Boats: Terror on the Shores
The worst naval defeat in the history of the United States.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Sisters 11.15 Real Couples
Couples act out their wildest fantasies.
12midnight Freeview 12.10am Dungeon Dykes 12.35 Our First Time 1.00 FILM: No Man's Land 2.15 Part-time Passion 2.40-4.00am FILM: Kittens

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 11.00 brand:new 12noon Mad 4 Hits 2.00pm All Time Top 10 George Michael Videos
From his days as an Eighties fashion felon in Wham! to his heyday in the Nineties.
3.00 Bytesize MTV 4.00 Select MTV 6.00 Bytesize MTV 7.00 brand:new
With Zane Lowe.
8.00 European Top 20
9.00 Daily Edition
Emma Ledden and Edith Bowman with the latest news and gossip.
9.30 Say What?
10.00 The Late Lick
Presented by Trevor Nelson.
11.00 Mad 4 Hits
Back to back favourites from the MTV playlist, and no chat.
12midnight The Best of MTV UK Live Performances
All the memorable moments from the past year.
1.00am The Late Lick 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Peroxide Breakfast 8.00 Storytellers: Hanson 8.30 VH1 to One 9.00 Upbeat Blonde Day 12noon Ten of the Best: Caprice 1.00pm Greatest Hits of... Blondes NEW 2.00 Blondie Live at the Beatclub 3.00 Storytellers: Rod Stewart 4.00 Madonna 5.00 VH1 Live 6.00 Clare Grogan 7.00 Blonde Megamix 9.00 Blondie Uncut 10.00 Behind the Music: Madonna 11.30 Greatest Hits of... 12midnight The Police Live at the Beat Club 1.00am Spice 2.00-6.00am Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Ready, Steady, Cook 7.30 Style Challenge 8.00 The DIY Show 8.30 Style Street 9.00 How Does Your Garden Grow? 10.00 Rough Guide to the World's Islands 11.00 Home Front 11.30 Home Front 12noon The DIY Show 12.30pm Real Rooms 1.00 Can't Cook, Won't Cook 1.30 Two Fat Ladies 2.00 Style Street 2.30 Growing Places 3.00 Gardeners' World 3.30 Off the Beaten Track 4.00 Voyage 4.30 Rough Guide to the World's Islands 5.30 Wilderness Walks 6.00 Tracks 6.30 Stefan's Garden Roadshow 7.00 Travel Show Guides 8.30 Style Street 9.00 Ainsley's Barbecue Bible 9.30 Good Living 10.00 Going for a Song 10.30 Moving People 11.00 Home Front in the Garden 11.30 Growing Places 12midnight Stefan's Garden Roadshow 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Thursday 1 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Doing It Up 8.30 Close Guide 9.00 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt's Fishing Adventures 12noon House Auction 12.30pm Close Guide 1.00 Hometime 1.30 Our House Down Under 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm The Diceman

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Whale sharks in Queensland.
4.30 Walker's World
Peru
5.00 Jurassica
Amber Hunters and Flesh on the Bones
The search for the substance that could hold dinosaur DNA.
6.00 Zoo Story
Housework ahead for the pygmy hippos.
6.30 Deep Water, Deadly Game
Footage of the blue shark.
7.30 Coltrane's Planes and Automobiles
Diesel
With Robbie Coltrane.
8.00 Runaway Trains
An express ride through some of the most spectacular train accidents all around the world, from 1952 to 1996.
9.00 Mystery of the Ghost Galleon
The bid to find the site of a Spanish shipwreck, thought to contain a billion dollars-worth of silver.
10.00 The Curse of Tutankhamen
The strange and deadly events surrounding the tomb's discovery 75 years ago by Howard Carter.
11.00 Super Structures
Kansai International – Airport on the Sea
The world's largest man-made island.
12midnight The Great Egyptians
Tutankhamun
The death of the boy king.
1.00am Coltrane's Planes and Automobiles
Diesel
1.30-2.00am Walker's World
Peru

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby Doo 7.30 Ed, Edd 'n' Eddy 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 Mask
3.00 Flying Rhino Junior High
3.30 Scooby-Doo
The pesky kids step out of the Mystery Machine into another adventure.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
5.30 Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Freakazoid!
6.30 The Flintstones
Fred and Barney are prehistoric men behaving badly.
7.00 Tom and Jerry
Madness and mayhem with the ongoing feline/rodent war.
7.30 Looney Tunes
Classic cartoons.
8.00 Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blues Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/ Portland Bill/Mr. Men/Ivor The Engine 2.30 Children's BBC
3.30 Brothers Flub
The rodent brothers travel across the universe to deliver more packages.
4.00 Angry Beavers
Animated antics.
4.30 Rugrats
More fun with the tousle-headed nippers with the overactive imaginations.
5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
Fun with the funky friends.
6.00 Sabrina The Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
The Meeting
7.30 Caroline in the City
8.00 Desmond's
Barbershop comedy.
8.30 Just Shoot Me
Jack's Old Partner
Jack has writer's block, so calls in his old partner.
9.00 Seinfeld
The Statue
Elaine talks Jerry into hiring a cleaner.
9.30 Cybill
All of Me
10.00 Frasier
Ain't Nobody's Business If I Do
10.30 Cheers
The Last Picture Show The gang go to the movies.
11.00 Drop the Dead Donkey
Helen has a new woman in her life.
11.30 Whose Line is it Anyway?
12midnight Late Night with David Letterman
1.00am The Larry Sanders Show
1.30 Nurses
2.00 Almost Perfect
2.30 Food Fight
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers 6.30 Power Rangers 6.55 Spiderman 7.20 Oggy and the Cockroaches 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four
3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The turtles are here to save the planet!
4.30 Eerie Indiana: The Other Dimension
5.00 Dennis and Gnasher
5.30 Ace Ventura
Join the hilarious animated adventures of the zany pet detective.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 The Gold Collection
A stunning selection of gemstone jewellery.
8.30 Travel Bag
9.30 The Gift Store
10.00 The Early Years
11.00 In the Kitchen with Susan Brookes
Our favourite cook prepares great food on a budget.
12midnight Household Solutions
1.00pm Bargain Shop!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 Shop! Feature
The safe way to the perfect tan with a range of self-tanning products.
3.00 Dress for Less
Budget holiday fashion.
4.00 Dimanti Designs
Shop!'s range of diamond-look jewellery.
5.00 Shop! Selection
6.00 In the Kitchen with Susan Brookes
Our favourite cook prepares great food on a budget.
7.00-8.00pm The Early Years
Keep them busy all day long with our range of outdoor toys for under-5s.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 8.30 HARDtalk 9.00 Europe Direct 10.00 News 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.30 World Report 2.30 Showbiz Today 3.30 Sport 4.30 Travel 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.30 Fashion TV
10.00 Sky News at Ten
10.30 Sportsline
11.00 News on the Hour
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Fashion TV
4.30 Global Village
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Quatre et Demie 10.15 Les Splendeurs Naturelles d'Europe 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm L'Hebdo 1.00 Journal 1.15 Jasmine 2.15 Les Splendeurs Naturelles d'Europe 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions Pour un Champion 5.00 Journal 5.15 Jasmine 6.15 Les Splendeurs Naturelles d'Europe 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Savoir Plus 9.00 Journal 9.15 Antoine Rives: Sauer Krabbe 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 7.45 Subah Aaj Tak 8.30 Akhir Kyon 9.30 FILM 11.30 News 12noon Balcony 12.30pm Daawat 1.00 Badalte Rishte 1.30 FILM 4.00 Jyoti 4.30 Nashaib 5.00 Paristar 6.00 Dekh 6.30 Mumkin 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am BPL Oye 1.00 FILM 4.00 Galatnaama 4.30 Balcony 5.00 Kashkol 6.00 Holy Qur'an 6.30 News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Karobari Duniya 8.30 Tara-2 9.00 Zanjeeren 9.30 Zee Health 10.00 Deewanagi 11.00 Pot Luck 11.30 Parampara 12noon FILM: Jode Rahe Jo Raj 3.00pm Baat Ban Jaye 3.30 Public Demand 4.00 Filmi Chakkar 4.30 Antakshari 5.30 Hasratein 6.00 Banegi Apni Baat 6.30 Contà 7.00 Chota Muh Aur Badi Baat 7.30 Mama Miya 8.00 News 8.30 Chahat Aur Nafrat 9.00 Raahein 9.30 Cross Fire 10.00 Pakistan News 10.30 X-Zone 11.30 Teacher 12midnight News 12.30am Shot Gun Show 1.00 Mast Must Show 1.30 Parivartan-2 2.00 FILM: Kaalia 5.00 V3 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Light and Life 5.30 Abundant Life Today 6.00 Word of Life 6.30 Changing Your World 7.00 Believers Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Potters House 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Fund Manager's Corner 4.19am South Africa Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Salem Witch Trials
12.55pm Photos for the Future
1.00 Project Cancelled
The Fairey Rotodyne
2.00 Biography
Evita
3.00 Battleline
Battle of the Bulge
3.30 Men in Crisis
Byrd vs Amundsen
4.00 The American Revolution
Birth of the Republic
5.00 Tales of the Gun
6.00 The Magic of Alchemy
6.55 Photos for the Future
7.00 Project Cancelled
The Bristol Brabazon
A bomber with a 230-foot wing span and a top speed of 360mph.
8.00 Biography
Jimmy Stewart
9.00-10.00pm Battleline
Burma
How the British expelled the Japanese from Burma.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Cable & Wireless Viewing Choices

Specially designed Packs with channels to suit individual tastes ...

Access

Access includes:
Set Top Box rental, Line rental
BBC1, BBC2, ITV, ITV2, C4 and C5
BBC News 24*, Sky News, UK Horizons, GMTV2
Local Channel
'Free Bonus' Channel†

*As funded by your TV licence
†Cable & Wireless will from time to time offer 'Free Bonus' Channels in ACCESS. However, we reserve the right to change or withdraw these monthly.

And gives you the choice of the following:
Access to our flexible TV packs
Access to TV On-Demand services
Access to Sky Premium channels
Access to Add-On channels
Access to our range of tailored telephone packages
Access to Internet service

TV Packs

Selection
UK Gold
Sky One
Eurosport
QVC
Shop!
Granada Breeze††

††Availability varies on a regional basis

Music and Games
MTV
The Box
VH1
Challenge TV

Family
TNT
Cartoon Network
Fox Kids
National Geographic Channel
Nickelodeon
Paramount Comedy

Action
Sky One
Granada Men & Motors
Granada Plus
L!VE TV††
Sci-Fi Channel

††Availability varies on a regional basis

Lifestyle
UK Gold
Carlton Food Network
Carlton Select
Living
QVC
Shop!
UK Arena
UK Style
Granada
Breeze††

††Availability varies on a regional basis

World
Animal Planet
Discovery Channel
Discovery Home & Leisure
The History Channel
Christian Channel Europe
UK Horizons
Bloomberg

News and Sport
Eurosport
CNN
BBC Parliament*◊
Sky News
BBC News 24*

*As funded by your TV licence
◊BBC Parliament is available with any Pack, free of charge, on request

Cable & Wireless may change its channel line-up from time to time.

In addition to the Packs, you can choose the following channels individually

Sky Premium Channels
Sky Sports 1
Sky Sports 2
Sky Sports 3Δ
Sky Premier
Sky MovieMax
Sky CinemaΔΔ
Disney Channel◊◊

Single Add-On Channels
FilmFour
Manchester United TV
Disney Channel◊◊
Adult Channel
Television X
The After Dark Pack (Adult Channel and Television X)
Asian Language Channels**
European Language Channels**

Δ Sky Sports 3 is available as a 'Free Bonus' Channel if you take either Sky Sports 1 or Sky Sports 2

ΔΔ Sky Cinema is available as a 'Free Bonus' Channel if you take both Sky Premier and Sky MovieMax

** See your Channel Guide for the Asian Language Channel and European Language Channels in your area, or call Customer Services

◊◊ Disney Channel is available as an Add-On channel at £6.99 or as a 'Free Bonus' Channel when you take both Sky Premier and Sky MovieMax

These TV Packs are not available in the New Ash Green service area. Cable telephone services are not available in the Millharbour service area.

Friday 2 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Merlin's Shop of Mystical Wonders
1995, rating Sky PG, 88 mins
8.00 The Princess Bride
1987, rating Sky PG, 94 mins
10.00 Warriors of Virtue
1997, rating Sky PG, 99 mins
12noon Lionheart
1986, rating Sky PG, DS, 100 mins
1.55pm Hamlet
Kenneth Branagh, Julie Christie, Derek Jacobi, Richard Briers, Kate Winslet, Charlton Heston
A Danish prince broods over the mysterious death of his father and the unseemly haste with which his mother married the man suspected of murdering her first husband. Text *1996, rating Sky PG, DS, 121 mins*

4.00 The Princess Bride
Mandy Patinkin, Cary Elwes, Christopher Guest, Peter Cook, Fred Savage, Peter Falk
This fantasy adventure, directed by Rob Reiner, tells the tale of a beautiful woman who must be rescued by her one true love from a series of horrible encounters with monsters and villains. *1987, rating Sky PG, 94 mins*

6.00 Warriors of Virtue
Angus MacFadyen, Mario Yedidia, Marley Shelton
Fantasy adventure about a young boy who, during an initiation rite led by the school bully, is transported to the magical land of Tao where he is enlisted by kangaroo warriors to help them in their fight against the evil Komodo. *1997, rating Sky PG, 99 mins*

8.00 Grosse Pointe Blank
John Cusack, Minnie Driver, Dan Aykroyd, Joan Cusack
A professional killer's work takes him to his home town of Grosse Pointe just in time for the reunion at his old school. There he encounters the girl whom he stood up at the senior prom ten years earlier. Will he be able to make amends? Text *1997, rating Sky 15, 103 mins*

10.00 The Full Monty
Robert Carlyle, Tom Wilkinson, Mark Addy, Paul Barber
Comedy in which a group of unemployed Sheffield men turn to stripping to make ends meet and escape the poverty trap into which they have fallen. Text *1997, rating Sky 15, 88 mins*
11.35 The Crow: City of Angels
Vincent Perez, Mia Kirshner, Richard Brooks, Iggy Pop
Text *1996, rating Sky 18, 91 mins*
1.10am Photographing Fairies
Toby Stephens, Emily Woof
1997, rating Sky 15, 102 mins
3.00-4.45am Inventing the Abbotts
Joaquin Phoenix, Liv Tyler
1997, rating Sky 15, 103 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Roseanne: An Unauthorized Biography
Text *1994, rating Sky PG, 86 mins*
9.00 Hi Honey, I'm Dead
Curtis Armstrong, Catherine Hicks
1991, rating Sky PG, 88 mins
11.00 Cosmic Shock
Connie Sellecca, Ed Marinaro
1997, rating Sky PG, 88 mins
1.00pm Suddenly
Kirstie Alley, Jason Beghe
1996, rating Sky PG, 90 mins

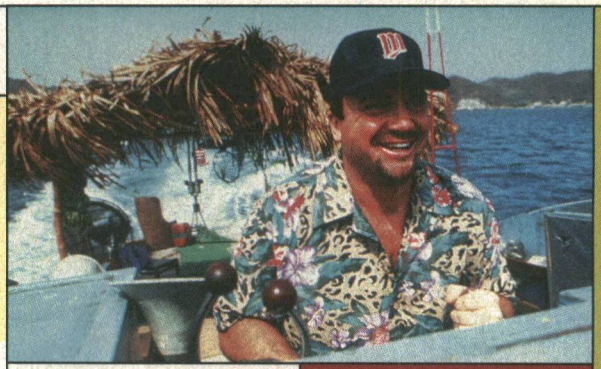
3.00 Hi Honey, I'm Dead
Curtis Armstrong, Catherine Hicks, Kevin Conroy, Paul Rodriguez
An arrogant real estate developer dies and is reincarnated in the body of a dishevelled man. Now he must atone for the sins of his previous life as well as trying to woo back the wife he treated so badly. *1991, rating Sky PG, 88 mins*

5.00 Roseanne: An Unauthorized Biography
Denny Dillon, David Graf
Fact-based drama which follows the life of top television comedienne Roseanne Barr, from her troubled teenage years and early motherhood through to her tempestuous and ultimately doomed second marriage to Tom Arnold. Text *1994, rating Sky PG, 86 mins*

7.00 p:review
A sneak peak at what's coming up on Sky Movies.
7.30 UK Top Ten
A rundown of the biggest films at the box office.

8.00 Action Heroes: Michael Douglas
Profile of the movie actor.
8.30 Movie Magic: Animals on the Rampage
A look at movie animal effects.
9.00 McHale's Navy
Tom Arnold, Tim Curry, Ernest Borgnine, Dean Stockwell
PREMIERE McHale and his men lead a charmed life stationed on a sleepy Caribbean island until the maniacal Major Vladakov invades a nearby island, putting a damper on the sailor's easy lifestyle! *1996, Sky PG, 105 mins*
10.50 Top Gun
Tom Cruise, Kelly McGillis,
PREMIERE Action-adventure in which a trainee fighter pilot in the US Navy sets out to show his colleagues at the academy that he is the Top Gun. *1986, rating Sky 15, DS, 105 mins*

12.40am Steel
Text *1997, rating Sky PG, 93 mins*
2.20 When Husbands Cheat
Drama about a spurned wife.
1997, rating Sky 15, 88 mins
3.55 Broken English
Text *1996, rating Sky 18, 88 mins*
5.30-7.00am Suddenly
1996, rating Sky PG, 90 mins



Tom Arnold finds himself all at sea in the premiere of 'McHale's Navy'. Sky MovieMax 9.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm Magic Town
James Stewart, Jane Wyman, Regis Toomey, Kent Smith
In this political comedy an opinion poll expert discovers the ideal average town. His happiness is destined to be short-lived however when the locals cotton on to their new-found notoriety and decide to turn it to their advantage. *1947, rating Sky U, 99 mins*

6.00 Call Northside 777
James Stewart, Richard Conte, Lee J Cobb, EG Marshall
Based on a true story. A reporter stumbles upon a case which just might be the scoop of his life: two men are behind bars for a crime which they have clearly not committed. Taking up their cause, he becomes involved with the mother of one of them. *1948, rating Sky PG, 106 mins*

8.00 No Highway in the Sky
James Stewart, Marlene Dietrich, Dora Bryan, Glynis Johns
Action-adventure about an engineer whose prediction that aircraft are prone to suffer from metal fatigue after a certain amount of airtime comes true – while he is aboard an aircraft travelling to England. *1951, rating Sky U, 94 mins*

10.00 The Two Jakes
Jack Nicholson, Harvey Keitel, Meg Tilly, Madeleine Stowe, Eli Wallach, Frederic Forrest
A hard-boiled private eye investigates what he thinks is a brand new case – the cheating wife of a prominent Californian real estate developer – only to discover that it has sinister links with the past. *1990, rating Sky 15, 132 mins*

12.20am Hard Contract
James Coburn, Lee Remick
1969, rating Sky 15, 101 mins
2.10 Town on Trial
John Mills, Charles Coburn
1956, rating Sky 12, 92 mins
3.50-5.15am Meet Me at the Fair
Diana Lynn, Dan Dailey
1952, rating Sky U, 84 mins

MOVIE RATINGS

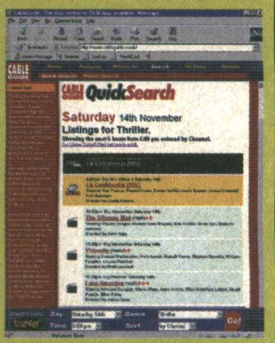
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm WCW Nitro on TNT
The latest WCW wrestling action from the USA.

11.35 WCW Thunder
WCW wrestling action from the USA.

1.15am How to Steal the World
Robert Vaughn, David McCallum
Based on the TV series *The Man from UNCLE. 1968, 86 mins*
3.00-5.00am Night Digger
Patricia Neal, Pamela Brown
Thriller. *1971, 98 mins*



WANT TO KNOW WHICH JAMES STEWART FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Films
Kick off the weekend with two hours of the very best that's short and sweet in the film world.

8.00 Ma Vie en Rose
Georges du Fresne, Michele Laroque, Phillippe Ecoffey
PREMIERE Tender drama about a seven-year-old boy who wants to be a girl and his parents' attempts to balance society's expectations and the needs of their child. *1997, 89 mins*
9.35 Summer Dress
A reluctant cross-dresser meets a girl on the beach.
10.00 The Crying Game
Stephen Rea, Jaye Davidson
Oscar-winning drama in which an IRA terrorist decides to track down the girlfriend of one of his victims and finds himself falling in love. However, he is pursued by his commander, who believes him to be a traitor, and finds his love affair evolving into a series of challenges to his self-image and sexuality. *1992, 105 mins*
12midnight No Skin Off My Ass
Bruce La Bruce, GB Jones
PREMIERE Erotic gay drama.
1991, 73 mins
1.15am The Forbidden
1.55 Don't Tell Mom the Babysitter's Dead
Comedy. *1991, rating 15, 100 mins*
3.40-6.00am Time Bandits
Comedy fantasy. *1981, 112 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Romantic comedy which takes a look at the 'what ifs' in life, following the different development of a particular woman's life after she misses, and doesn't miss, one train. Stars Gwyneth Paltrow and John Hannah. *1998, rating Sky 15, 95 mins*
PLAYS AT 6.00am, 8.00am, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 3
Channel 53
GODZILLA
One of the biggest special effects movies of the decade. The mutant result of French nuclear testing, the big green monster decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick. *1998, rating Sky PG, 133 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am, 3.30am

Sky Box Office 4
Channel 54
MIMIC
A scientist develops a breed of bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a couple of kids bring her a strange insect they have found, she realises the insects did not die; they evolved. Stars Mira Sorvino. *1997, rating Sky 15, 101 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Must Reveal My Shocking Secret

3.00 Jenny Jones
I Refuse to Quit My Sexy Job
Guests beg their loved ones to give up their sexy employment.

4.00 Guilty!
Single mum Gina, aged 40, is out clubbing every night but dad John thinks she should face up to her responsibilities, stay at home and look after the children.

5.00 Star Trek: Deep Space Nine
Rejoined
Jadzia Dax must choose between her feelings and the rules of Trill society. Text

6.00 Feature

6.30 Friends
The One with the Football
On Thanksgiving a good-natured football game turns nasty. Text

7.00 The Simpsons
Homer's Enemy
A hard-working employee resents Homer. Text

7.30 The Simpsons
Tree House of Horror VII Text

8.00 Buffy the Vampire Slayer
Innocence
Buffy and her friends face danger when Angel loses his soul after feeling true happiness.

9.00 Cheating Spouses
Private investigators reveal the caught-on camera antics of unfaithful spouses.

10.00 Cops
Palm Beach, Florida
Fly-on-the-wall series.

10.30 Cops
Las Vegas
Fly-on-the-wall series.

11.00 Friends
The One with the Football Text

11.30 Star Trek: Deep Space Nine
Rejoined
Jadzia must choose between her feelings and society's rules. Text

12.30am
The Chris Evans Breakfast Show
Join Chris Evans and the team for an hour of madness.

1.30 Law and Order
Profile
A racial supremacist is suspected of murdering three people.

2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Behind Closed Doors

3.25 The Bill
Links in the Chain
Meadows is after a small-time dealer with big connections.

3.55 EastEnders
Sam and Ricky are in for a shock at the squat and Mark makes a decision which upsets Pauline.

4.30 Neighbours
Rick is stunned when Beth reveals her true feelings.

5.00 Dynasty
The Solution
When Blake threatens divorce, Rita takes drastic action and Galen keeps his recovery quiet as he plots to regain the throne.

6.00 Dangerfield
Joanna finds out that Paul has a secret love – a younger woman. Will this end their relationship, or will the crisis finally propel them into making a commitment?

7.00 Last of the Summer Wine
Some Enchanted Evening

7.40 May to December
Cherry Pink and Apple Blossom White
An unexpected guest arrives.

8.20 The Brittas Empire
Chaos rules at the leisure centre when an underwater wedding in the swimming pool has a hitch.

9.00 Shooting Stars
Vic Reeves and Bob Mortimer host a special Christmas edition of the comedy quiz show.

9.40 Red Dwarf
The End
The first series of the comedy by Rob Grant and Doug Naylor.

10.20 Crime Traveller
Holly Turner is a police science officer with an amazing secret hidden in her flat. When Slade finds out it is a time machine, he persuades her to take him to the scene of an apparent suicide.

11.25 The Bill
Behind Closed Doors

11.55 The Bill
Links in the Chain

12.25am-2.30am
Dr Who Omnibus
Keys of Marnius
The Tardis is captured by a machine called the Keeper of Conscience on the planet Marinus.

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 Jerry Springer 10.50 Change of Heart 11.15 Dating Game 11.45 Maury Povich
12.30pm Fashion Emergency
1.00 Entertainment Now!
1.30 Michael Cole
2.20 Special Babies
2.50 Living Room
An upbeat and humourous magazine programme with celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, presented by veteran broadcast journalist Maury Povich.

4.30 Home and Away
More drama from the soap opera set in Australia.

5.00 Change of Heart
The show where partners are paired off with their dream date.

5.30 The Dating Game
Dating show where guests choose looks or personality.

6.00 The Jerry Springer Show
Outrageous American talk show in which guests engage in lively and heated discussions.

6.50 Fashion Emergency
Makeover show.

7.15 Rescue 911
William Shatner hosts the series about US emergency services.

7.45 The Jerry Springer Show
Jerry Springer and his guests engage in lively – and sometimes heated – discussions.

8.30 FILM: Lifeline
Lorraine Bracco, Lisa Jakub
Adventure about an American scientist who travels to France to find her missing daughter. On her way, she meets a yachtsman attacked by a group of unknown assailants. After establishing a link between this attack and the daughter's disappearance, the pair team up and have to face an unbelievable truth. *1995*

10.30 Sextasy!
Raunchy late-night fun presented Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Home to Roost
1.30 Only When I Laugh
2.00 The High Chaparral

3.00 London's Burning
Bayleaf and Clare use the last of their savings to send a private investigator after the missing Melanie. The firefighters are called to an incident at a rave.

4.00 London's Burning
Terrorists cause an explosion at a hotel – and the big day arrives for Colin and Zoe.

5.00 Charlie's Angels
The Jade Trap
The owner of a prestigious hotel calls on the Angels when one of the wealthy guests is supposedly murdered by a cat burglar.

6.00 Emmerdale
Pollard and Elizabeth rekindle their relationship.

6.30 Classic Coronation Street
Suzie wants to leave Elsie's.

7.00 Home to Roost
Bridge of Sighs

7.30 Only When I Laugh
Blood Brothers
Archie Glover is complaining, saying he feels ill and feverish.

8.00 The Benny Hill Show
Comedy icon Benny Hill in a series of hilarious sketches, featuring a host of quirky characters, guest stars and a bevy of beauties.

9.00 The Sweeney
Pay Off
Seventies cop drama.

10.00 Jokers Wild

10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Talking Dirty
Sexy fly-on-the-wall series.

11.20 Sunny Hotspots and Girls
Raunchy travel show.

11.50 Lady Lust's Lovelies

12midnight
Lady Lust's Football Feva
Follow Teresa May and her team of lovely girls as they take us through the world of football.

1.00am Real Sex
A candid look at modern sexuality.

1.30-2.00am
Noddy's Electric Ladyland
Pop quiz with Noddy Holder.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Lion King 8.45 Winnie the Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Big Blue House 9.55 Toothbrush Family 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB and J Otter 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Big Blue House 12.55 Toothbrush 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Winnie the Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures with Ariel and her friends. Text

3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text

4.00 101 Dalmatians Text

4.25 Disney Channel Kids' Awards: Update

4.30 Hercules: The TV Show
Hercules and the King for a Day

5.00 Recess Text

5.15 Pepper Ann Text

5.30 The Famous Jett Jackson
Who's the Man?
Jett goes to school. Text

6.00 Smart Guy
A smart kid is put into tenth grade with his brother. Text

6.25: Disney Channel Kids' Awards: Update

6.30 Boy Meets World Text

7.00 FILM: Knight in Camelot
Whoopi Goldberg, Michael York
Modern technology battles it out with medieval sorcery as a computer researcher goes back in time to Arthur's court. Text

8.25 Honey, I Shrunk the Kids: TV Show
Honey, We're Stuck in the 70s
Amy has a crush on her history teacher, and decides her only hope is to go back in time. Text

9.10 Double Dinosaurs
Prehistoric sitcom with the huge and huggable dinosaurs. Based on an idea by the creator of the Muppets, Jim Henson. Text

10.00 Home Improvement

10.30 The Wonder Years

11.00 Touched by an Angel

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

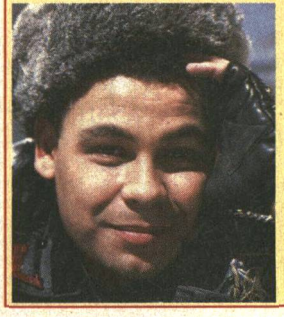
CABLE CHOICE

FILM

The Two Jakes
Sky Cinema 10.00pm
While this belated sequel to *Chinatown* doesn't measure up to Roman Polanski's crime masterpiece, it still has much to recommend, including Jack Nicholson's solid direction. He also reprises his role of private eye Jake Gittes, who's investigating a real estate developer.

GENERAL

The Ravening Hordes
UK Horizons 8.00pm
The idea of plagues of locusts, killer bees and mice may fill you with dread, but this *Wildlife on One* special has some stunning footage that's worth overcoming your squeamishness to marvel at. David Attenborough reveals the wide-ranging effects of these creatures.

ADVERTISEMENT
UK GOLD

RED DWARF
9.40PM
Red Dwarf is mining around the moons of Saturn. It is five miles long and three miles wide, with a crew of 169. Within 24 hours, 168 of them will be dead. Don't miss the first ever episode tonight!

Friday 2 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Golf
8.30 Football
10.00 Modern Pentathlon
10.30 Modern Pentathlon
11.30 Racing Line
12.30pm
Motorcycling – LIVE
Introduction to the British Grand Prix at Donington Park.
1.00 Motorcycling – LIVE
125cc qualifying practice.
2.15 Motorcycling – LIVE
500cc qualifying practice.

3.00 PM
3.15
Motorcycling – LIVE
World Championship – British Grand Prix from Donington Park. Today's programme shows the 250cc qualifying practice.
4.30
Equestrianism – LIVE
Samsung Nations Cup. Top class showjumping from Poznan, Poland.

5.00 PM
5.30 Football
The quarter-finals of the Women's World Cup from the USA.

6.00 PM

7.00 PM
7.00 Athletics – LIVE
Coverage of the IAAF Grand Prix from Lausanne, Switzerland.

8.00 PM

9.00 PM
9.30 Athletics
Highlights of the IAAF Grand Prix in Lausanne, Switzerland.

10.00 PM
10.00 Motorcycling
Highlights of today's practice races before the World Championship British Grand Prix from Donington Park.

11.00 PM
11.00 YOZ Action
Youth-orientated sports programme including action from the European Inline Cup in Hockenheim, Germany.

12.00 NIGHT TIME
12midnight-12.30am
Free Climbing
Repeated action from the World Cup in Leipzig, Germany.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 World Wrestling Federation – Superstars
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Trans World Sport
10.30
Cricket: England v New Zealand 1st Test – LIVE
Coverage of the second day's play in the first Cornhill Insurance test match from Edgbaston. David Gower presents all the action, with commentary by Ian Botham, Bob Willis and David Lloyd.

6.30pm
Sky Sports Centre
All the latest sports news.

7.00
Super League – LIVE
Live coverage from another tough-tackling match in the JJB Sports Super League. Eddie Hemmings and Mike Stephenson are pitch-side to present all the action.

9.30
Cricket: England v New Zealand 1st Test
Highlights from the second day's play at Edgbaston as England go head-to-head with New Zealand in the first Cornhill Insurance Test match.

11.00
World Wrestling Federation – Raw
The latest action from the World Wrestling Federation circuit.

1.00am Sky Sports Centre
1.30 Super League
2.30 World Wrestling Federation – Raw
4.30 Euro Tour Golf: Murphy's Irish Open
Repeat from Sky Sports 3
5.30-6.00am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Formula 3
8.45 Sky Sports Centre
9.00 Tight Lines
10.00 Ford Golf USA: Motorola Western Open
1.00pm
Copa America Football: Uruguay v Colombia and Argentina v Ecuador

3.00 Futbol Mundial
Football coverage from all around the world.
3.30
Trans World Sport
Sports news, tournaments and competitions, with exclusive footage and interviews.
4.30 Moto-Plus
Motoring for those who live life in the fast lane.
5.00 Gaelic Games
All the best sporting action from the action from the Emerald Isle.

6.00 Inside the Senior PGA Tour
6.30 Winning Post: Haydock and Salisbury – LIVE
Jeff Stelling has tips from the turf and a full card of racing from these two noted venues.

9.00 Gaelic Games
All the best sporting action from the action from the Emerald Isle.

10.00 Copa America Football: Uruguay v Colombia and Argentina v Ecuador
The latest round of group matches in the Copa America.

12midnight
Copa America Football: Peru v Bolivia and Paraguay v Japan – LIVE
Live action from Paraguay.
4.00am Sky Sports Centre
Catch up on the latest news.
4.30 Watersports World
5.30-6.00am Moto-Plus

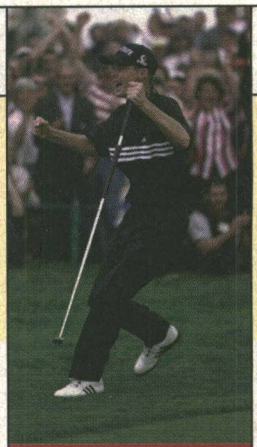
SKY SPORTS 3
PREMIUM CHANNEL

12noon Trans World Sport
1.00pm Tight Lines
Fishing magazine.
2.00 Euro Tour Golf: Murphy's Irish Open – LIVE
Live action from day two of the Murphy's Irish Open. Europe's top golfers return to Druids Glen in Dublin, Ireland for one of the most popular events on the Tour.

6.00 Copa America: Uruguay v Colombia; Argentina v Ecuador
In the latest round of group matches Uruguay play Colombia, while pre-tournament favourites Argentina entertain Ecuador.

8.00 Ford Golf USA: Motorola Western Open – LIVE
Live action from the Motorola Western Open, held at the Cog Hill Golf and Country Club in Lemont, USA.

11.00-12midnight
Euro Tour Golf: Murphy's Irish Open
Highlights from day two at the Druids Glen course in Dublin.



David Carter may be bitter if he doesn't retain his Murphy's Irish Open title. Sky Sports 3 2.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Best of Ray's Round
7.00 The Friday Supplement
A look ahead to the weekend's fixtures through the eyes of the experts.

8.00 Red Hot News
8.15 Mini Match
8.30 Super Match: Premiership Classic – Bolton v Manchester United
Classic clash from the 1996 Premiership season.
9.30 Red Hot Update
9.35 Super Match: Premiership Classic Continued
The clash continues with the second half.
10.30 Red Hot News
10.45
Super Match Sports
Classic action.
11.00 Red Legends
Catch up with United's very own legends.
11.30-12midnight
Masterfan – Final
With Anthony Wilson.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre
12noon The Twilight Zone
1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Murder Aboard the Rising Sun
Apollo uncovers a blackmail operation.
4.00
The Incredible Hulk
Homecoming
David Banner discovers that his help is needed – and so is the Hulk's.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 The Ray Bradbury Theatre
Banshee
6.30
New Alfred Hitchcock
South by Southeast
7.00 The Six Million Dollar Man
Most Dangerous Enemy
Dr Rudy Wells becomes a psycopathic superman after being bitten by a chimp.
8.00 Sci-Focus on the Matrix
8.30 The Crow: Stairway to Heaven
Voices
A day at the carnival with Sarah brings Draven closer to Shelly.
9.30 Perversions of Science
Given the Heir

10.00
FILM: Tales from the Crypt: Demon Knight
Billy Zane, William Sadler
Brayker is a man who carries the last of a set of seven keys which holds back the forces of darkness and evil. The Collector needs the last key and tries to tracks Brayker down. *1995*
12midnight
Anime on Sci-Fi
Castle of Cagliostro
2.00am Cybernet
2.30 100 Years of Horror
Girl Ghouls
3.00-4.00am Dark Shadows
A double helping of the of the Collins family saga.

LIVE MURPHY'S IRISH OPEN SKY SPORTS 3 2.00PM

The Murphy's Irish Open, which takes place at Druids Glen in Dublin, is one of the most popular events on the European Tour. In last year's event Englishman David Carter beat Colin Montgomerie of Scotland in a play-off and picked up the £160,000 first prize. It's day two of four days today and the top-class field will continue its pursuit of this year's one million euros in prize money and those all-important points for the Ryder Cup which tales place at Brookline in September.

ITV2
ACCESS PACK

4.00pm Trisha
British talk show focusing on social problems.
5.05 Club 2 1930: Gladiators
Muscle-bashing challenges as super-fit members of the public take on the formidable Gladiators.
6.00 Pump it Up
Contenders tackle the biggest and toughest inflatable assault course imaginable.

6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
7.30 Sport Zone: Chequered Flag
Motoring magazine that reviews the latest action from around the world.
8.30 Futbol Mundial
Footy magazine with the latest news and action from the world of football.

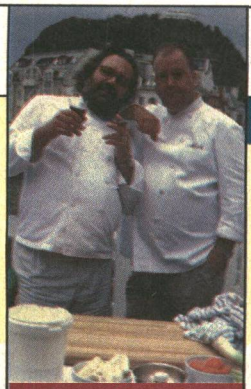
9.00 Unmissable ITV: Prime Suspect 5
Errors of Judgement
Tennison's error of judgement has cost a young boy his life.
11.00 Coronation Street
Soap opera.
11.30 Bad Girls
12.30am Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
1.30-2.00am Futbol Mundial

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Aural Sex
12.20
Teresa Scott Unleashed
12.45 FILM: Shameless Desire 2.00 Five Minute Free View 2.05 Adult Feature 2.20 FILM: Adult Feature 3.40 Sadie

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Friday 2 July



Nick and Mick Nosh's travels continue in 'Costa del Nosh'. Carlton Food Network 11.00am

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
Crossword quiz show.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz show.
7.15
The Games Room
7.25 Whittle
Audience participation quiz show.
7.55
The Crystal Maze
Another team faces an eclectic collection of games and challenges. Hosted by Edward Tudor-Pole.
9.00
Stars in Their Eyes
Amateur talent show hosted by Matthew Kelly.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in this brand new late night quiz show.
11.00
Celebrity TV Bloopers
Outtakes from the cutting room floor which the stars would prefer to keep hidden from view.
12midnight
Carnal Knowledge
1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am
Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Agony
More helpful advice for troubled souls.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30
Strip Masterbrain
11.45 Private Dancer
12midnight Compromising Situations 12.30am Janeycam 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.15 Private Dancer 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network Daily
9.30 Kitchen College
10.00 Tour of Hong Kong
10.30 Food for Thought
11.00 Costa del Nosh
11.30 Chef on a Shoestring
12noon Network Daily
12.30pm The Alex Factor
1.00 Kitchen College
1.30 Rustie's Real Cooks
2.00 Aldo and Friends
2.30 Network Daily
3.00 School Dinners
3.30 Vin Ordinaire
4.00 A Year at Ballymaloe
With Darina Allen.
4.30-5.00pm
Tessa's Tastebuds
Vanilla
Culinary uses for vanilla.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Food Policy and the Politics of Food
5.30 Get Smart
Witness for the Persecution
6.00 I Spy
So Coldly Sweet
Kelly and Alex become targets when they investigate the defection of a beautiful enemy agent.
7.00 Boon
A Night at the Ballet
Ken and company discover more drama than they bargained for when they spend a night at the ballet.
8.00 Blue Heelers
Charity Begins at Home
When it comes to light that charity bins are being pilfered, suspicion falls on a charity worker.
9.00
Auf Wiedersehen, Pet
The Fugitive
During a weekend in the countryside, the lads meet a fellow Brit in trouble.
10.00 Jenny Eclair's Private Function
With guests Stewart Lee and Morwenna Banks.
10.30 The Screen
The latest movies.
11.00
Hill Street Blues
The Second Oldest Profession
Lucy Bates has a crisis over her career.
12midnight I Spy
So Coldly Sweet
Kelly and Alex investigate the defection of a beautiful enemy agent.
1.00am-2.00am
The Far Pavilions
Fourth part of the epic love story set in India.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Two dogs are accused of attacking the plaintiff's dog.
12.30pm Judge Wapner's Animal Court
A vet claims that the defendants have not paid him for an operation.
1.00 Hollywood Safari
On the Run
2.00 Deadly Reptiles
3.00 Hunters
Dawn of the Dragons
The crocodiles and alligators reign today as monarchs among the world's reptiles.
4.00 Twisted Tales
Crocodile
The relationship between animals and humans.
4.30 Amphibians
The Acrobatic Frog
5.00 Wild at Heart
The Pythons of Cameroon
The work of biologists who trace pythons.
5.30 Twisted Tales
Snake
6.00 Wild at Heart
Snakes of Cyprus
The case for not interfering with wildlife.
6.30 Ocean Tales
Salt Water Crocodiles
7.00 Amphibians
The Hobo and the Habitue
A look at the elaborate mating rituals of the newt.
7.30 Amphibians
The Young and the Bold
8.00 Judge Wapner's Animal Court
A defendant is accused of neglecting a pet.
8.30 Judge Wapner's Animal Court
9.00 Country Vets
A terrier dying from chronic flea infestation.
9.30 Country Vets
The vets have to deal with an accident-prone horse.
10.00 Country Vets
A ten-pound tomcat joins the fat-pets clinic.
10.30 Country Vets
A German shepherd with a mystery illness.
11.00-12midnight Untamed Africa
Hunger and Desire: Wild Discovery
Two leopards impose a reign of terror on the plain.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Hannibal and Desert Storm 8.30 Children's Hospital 9.00 Children's Hospital 9.30 Esther 10.00 Animal Hospital Roadshow 10.30 Animal Hospital Roadshow 11.00 Excalibur – The Search for Arthur 12noon Chernobyl Sarcophagus 1.00pm The Garden 2.00 The Marriage

3.00 Crime Limited
Series intended to help crime victims.
3.30 Esther
Complementary Medicine
Alternative therapies.
4.00
Children's Hospital – Special Edition
4.30
Children's Hospital – Special Edition
5.00 Animal Hospital Roadshow
Pets at animal centres around Britain.
5.30 Animal Hospital Roadshow
6.00
Decisive Weapons
Lock, Stock and Barrel – the Springfield Rifle
6.30 War Walks
Agincourt
7.00 Tomorrow's World Plus
Reports about the future of science and technology, plus interviews with today's trendsetting scientists.
8.00
The Ravening Hordes
Plagues of animals that devastate crops.
8.30 Big Cat Diary
The Leopard's Tale
9.00
Ice-Cool in Japan
The British bobsled team's troubled preparations for the Winter Olympics in Nagano, Japan.
10.00 What Sort of Gentleman Are You After?
A look at an Australian male prostitute.
11.05
Jeremy Clarkson's Extreme Machines
11.35 Crime Limited
12.05am-1.00am Eunuchs
India's Third Gender

UK PLAY:
1.00am Bob Downe All Over Britain 2.00 Funny Noise 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 The UK Top 20 5.30 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Food Livetime 7.00 Food Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Perfect Parenting 9.30 Susan Brookes' Family Recipes 10.00 Surprise Gardeners 10.30 Young Chefs 11.00 Roddy Llewellyn's Indoor Garden 11.30 House Style 12noon The Montel Williams Show 1.00pm Psychic Livetime 2.00 The View

3.00
Astrology Livetime
Live phone-in offering viewers the chance to find out exactly what the stars hold for them.
4.00 The Montel Williams Show
Teens in Jail and Having Sex
Montel talks to sexually active young felons.
5.00
Roddy Llewellyn's Indoor Garden
5.30-6.00pm
House Style

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Wardens and Rangers
Vigilante wildlife rangers.
7.30 Wanted Alive
The conservation of New Zealand's flora and fauna.
8.00
Shark Attack Files II
In-depth look at the repercussions and ultimate tragedy of shark attacks around the world.
9.00 Gulf Reefs
Life on the Arabian Peninsula coral reef.
9.30 Lunge Lizards
A look at the colour changing chameleon.
10.00
Abyssinian She-Wolf
A young female wolf whose family live high on the astonishing Bale Plateau in Ethiopia.
11.00 African Rhinos – A Dilemma in Black and White
Profile of the African rhino, a two ton force to be reckoned with.
12midnight-1.00am
Alyeska – Arctic Wilderness
Discover how plants and animals have evolved to cope with the harsh Alaskan climate.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 FILM:
Secrets of a Chambermaid
11.30 Sex Court
12midnight Freeview
12.10am Suburban Sex Secrets
12.25 New Public Places
12.55 FILM: To Live and Love in LA
2.10 The .... Mobile
2.35-4.00am
FILM: Women on Top

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
2.00pm Dance Floor Chart
3.00 Bytesize MTV
4.00 Select MTV
6.00 News Weekend Edition
Showbiz news stories.
6.30 UK Singled Out
7.00 brand:new
8.00 Dance Floor Chart
9.00 MTV Megamix
10.00 News Weekend Edition
10.30 UK Singled Out
11.00 The Blame Game
The game show in which exes with axes to grind compete for prizes.
11.30 Say What??
Lyrics of difficult-to-understand songs roll on the screen as the video plays.
12midnight Partyzone
Guide to the UK club scene.
1.00am News Weekend Edition
1.30 UK Singled Out
2.00 Club Mix
3.00 Megamixes
4.00 Partyzone
5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-up Video 2.00 Jukebox 4.30 VH1 to One: Blur 5.00 VH1 Live 6.00 Something for the Weekend 7.00 Greatest Hits of... 7.30 Talk Music 8.00 Ed Sullivan 8.30 The Best of Live at VH1 9.00 The Kate & Jono Show 10.00 Mike and the Mechanics Uncut NEW 11.00 VH1 Spice NEW 12midnight The Friday Rock Show 2.00am-6.00am Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Ready, Steady, Cook 7.30 Style Challenge 8.00 The DIY Show 8.30 Style Street 9.00 How Does Your Garden Grow? 10.00 Holiday in Style 11.00 Antiques Roadshow 12noon The DIY Show 12.30pm Real Rooms 1.00 Can't Cook, Won't Cook 1.30 Food and Drink 2.00 Style Street 2.30 Peter Seabrook's Gardening Week 3.00 Stefan's Garden Roadshow 3.30 Country Tracks 4.00 Voyage 4.30 Holiday in Style 5.30 Rough Guide to the World 6.30 Growing Places 7.00 a la mode 7.30 Good Living 8.00 Style Challenge 8.30 Style Street 9.00 Gardeners' World 9.30 Good Living 10.00 How Does Your Garden Grow? 11.00 Peter Seabrook's Gardening Week 11.30 Growing Places 12midnight-1.00am Rough Guide to the World's Islands

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Friday 2 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Joy of Painting 6.30 Garden Club 7.00 Garden Doctors 7.30 Painted House 8.00 Doing it Up 8.30 Close Guide 9.00 Joy of Painting 9.30 Garden Party 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 H&L House 11.30 Rex Hunt 12noon House Auction 12.30pm Close Guide 1.00 Hometime 1.30 Our House 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm The Diceman

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Join Rex Hunt in Cairns.
4.30 Walker's World
Australia
With Anna Walker.
5.00 Jurassica
Madagascar and Horned Herds
A visit to Madagascar which has a unique fossil record.
6.00 Zoo Story
Gorillas Gerry and Zaire need to take lessons in the etiquette of eating yoghurt.
6.30 Eye on the Reef
An incredible underwater journey filmed over 24 hours.
7.30 Coltrane's Planes and Automobiles
Supercharger
8.00 True Stories
A Matter of National Security
The story of the largest technical spy mission ever attempted by the US.
9.00 The Wreck of the Stella
The story of the disaster that befell the *Stella*, the London and Southwestern Rail Company's mail boat.
10.00 CIA – America's Secret Warriors
Brotherhood
Profile of the secret fraternity founded in 1947.
11.00 CIA – America's Secret Warriors
Betrayal
A closer look at the 1994 conviction of a CIA traitor.

NIGHT TIME

12midnight Inside the Glasshouse
A look at the tough regimes in a British military prison.
1.00am Coltrane's Planes and Automobiles
Supercharger
1.30-2.00am Walker's World
Australia

CARTOON NETWORK
FAMILY PACK

5.00am The Fruitties 5.30 The Tidings 6.00 Blinky Bill 6.30 Flying Rhino 7.00 Scooby-Doo 7.30 Ed, Edd 'n' Eddy 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Comedy animation.
3.30 Scooby-Doo
More evil disguises are discovered by the canine.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Furry fun.
5.30 Cow and Chicken
Cartoon comedy with the mismatched siblings.
6.00 Freakazoid!
Online superhero adventures.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Tom and Jerry
More cat and mouse chases in this classic cartoon comedy.
7.30 Looney Tunes
Animation.
8.00 Cartoon Cartoons
Animated action.
8.30-9.00pm Cult Toons

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blues Clues 1.00 Bananas in Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC

3.30 Brothers Flub
The rodent brothers travel across the universe to deliver more packages.
4.00 Angry Beavers
Animated adventures with the antagonistic brothers.
4.30 Rugrats
Fun with the naughty nappied nippers.
5.00 Sister Sister
Comedy series.
5.30 Kenan & Kel
Fun with the funky friends.
6.00 Sabrina The Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
First Dates
7.30 Caroline in the City
8.00 Desmond's
Comedy set in a Peckham barbershop.
8.30 Just Shoot Me
Brave Finch
Finch feels threatened.
9.00 Seinfeld
The Revenge
George plots to get revenge on his boss.
9.30 Cybill
The Wedding
10.00 FILM: Class
Andrew MacCarthy, Rob Lowe, Jacqueline Bisset
Comedy. Jonathan, a naive country boy, gets a scholarship into a classy prep school, where he rooms with the rich and handsome Skip. Soon Jonathan meets a woman – but the bad news is it's Skip's mum. *1983, 98 mins*
12midnight Comedy Store
Stand-up comedy.
12.30pm Armstrong and Miller
1.00am Late Night with David Letterman
2.00 Almost Perfect
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.30 Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 The Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm The Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Animated action with the defenders of good.
3.30 Fox Kids X-Press
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
Animated action.
4.30 Goosebumps
A collection of scary and spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher take on the enemy – adults!
5.30 Ace Ventura
Animated adventures.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
Budget items for the cautious shopper.
7.30 Dimanti Designs
Diamond-look jewellery.
8.30 Dress for Less
Budget holiday fashion.
9.30 Fitness Zone
Fitness advice and equipment.
10.00 Junior Choice
Fun kids' fashion.
11.00 Jewellery Box
12noon Dress for Less
Affordable leisure-wear.
1.00pm Bargain Shop!
Shopping on a budget.
1.30 Shop! Selection
Round-up of the best-sellers currently on Shop!
2.30 In the Garden
Experts give tips and advice on how to get the best out of your garden.
3.00 Shop! Feature
A special range of watches.
4.00 Cook's Den
Culinary advice and equipment.
5.00 Shop! Selection
The best of the selection on Shop!
6.00 Jewellery Box
Jewellery selection.
7.00-8.00pm Junior Choice
Fun kids' fashion.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.00 News 9.30 World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 World Today 3.00 News 5.00 News 6.00 UK Today 7.00 News 7.30 Sportsday 8.00 News 8.30 HARDtalk 9.00 Europe Direct 10.00 News 11.30 Talking Movies 12midnight News 12.30am Zero 30 1.00 News 2.30 Talking Movies 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00 News 5.30-6.00am Seven Days

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Asia 12.30pm Earth Matters 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 King 7.30 Business 8.30 Q&A 9.00 Perspectives 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Inside Europe 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
7.00 News
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.30 Answer the Question
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Week in Review
4.30 Fashion TV
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et Le Journal du Temps 7.00 Journal de Radio Canada 7.30 D (Design) 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 L'Affaire Sauer Krabbe 11.00 Infos 11.05 Voilà Paris 11.30 Journal France 12noon Infos 12.05pm Faut pas Rêver 1.00 Journal 1.15 L'Affaire Sauer Krabbe 3.00 Journal 3.15 Questions 3.30 Les Belges 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 L'Affaire Sauer Krabbe 7.00 Journal Belge 7.30 Journal de France 2 et Le Journal du Temps 8.00 Infos 8.05 Cambodge, Les Enfants d'Abord 9.00 Journal 9.15 Divertissement F2/F3 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 7.45 Subah Aaj Tak 8.30 Holy Quran 9.00 FILM 11.30 News 12noon Lifeline 12.30pm Daal Mein Kala 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Khiladi 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-8.00am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dam Dama Dam 6.30 Jaagran 7.00 Faith: Muslim 7.30 News 8.00 Pakistan News Link 8.30 Tara-2 9.00 Adhikar 9.30 Raahein 10.00 Mohabbat Eik Mohabbat 11.00 Zaike Ka Safar 11.30 Parampara 12noon FILM 3.00pm Hum Zameen 3.30 Chalo Cinema 4.00 Filmi Chakkar 4.30 Mama Miya 5.00 Mr Gayab 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Best of India 7.00 Khoobsurat 7.30 Entertainment Express 8.00 News 8.30 Aashirwad 9.00 FILM 12midnight News 12.30am Woh 1.00 X-Zone 2.00 FILM 5.00 Beegi Ke Pg 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Today with Marilyn Hickey 5.30 River of Life 6.00 Good News 6.30 Changing Your World 7.00 Believers' Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 The Messenger 9.00 Another Day of Victory 9.30 A Call to Prayer 10.00 Times Like These Pensacola 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus:
2.19am Boarding Pass 3.15 Clarke's Chronicles 4.24 Sports 5.49am Clips

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

THE HISTORY CHANNEL
WORLD PACK

12noon The Magic of Alchemy
Documentary.
12.55pm Photos for the Future
1.00 Project Cancelled
The Bristol Brabazon
2.00 Biography
Jimmy Stewart
3.00 Battleline
Burma
3.30 Men in Crisis
McCarthy vs Welch
4.00 Bagpipes: Instrument of War
5.00 Thomas Edison: Electric Light
6.00 Dreamtime of the Aborigines
6.55 Photos for the Future
7.00 Project Cancelled
DeHavilland Comet
8.00 Biography
Confucius
9.00 World War I
Summer of Sarajevo
9.30-10.00pm Men in Crisis
De Gaulle vs Petain

TV TRAVEL SHOP
BONUS CHANNEL

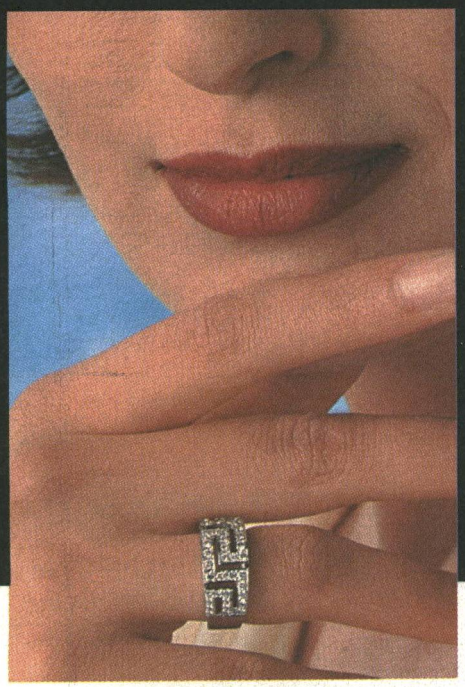
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Buckley Fashion Jewellery at 7.00pm.

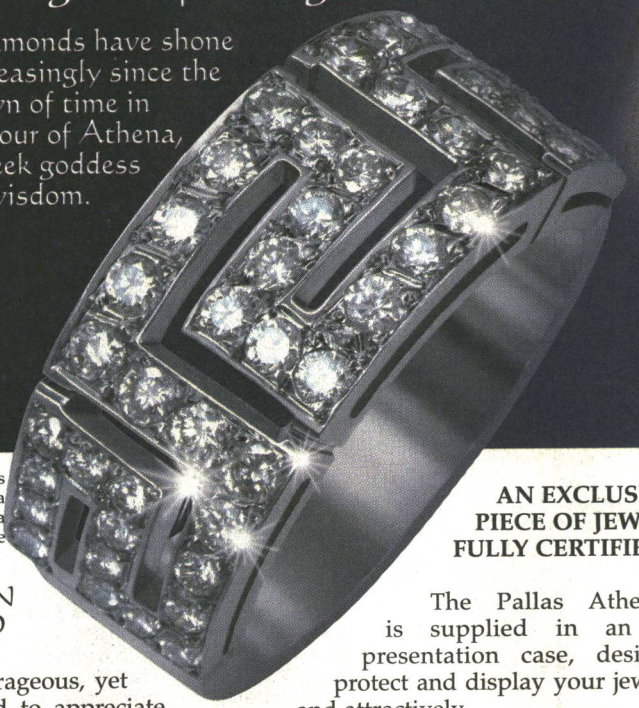
CABLE CHECK
Some of the channels listed may not be available in your area

PALLAS ATHENA



A diamond-studded ring designed for a goddess

Diamonds have shone unceasingly since the dawn of time in honour of Athena, Greek goddess of wisdom.



Brilliant cut diamonds sparkle sensuously in a jewel-piece to last a lifetime

THE MAGIC OF ANTIQUITY LIVES ON IN A BAND OF SHIMMERING WHITE GOLD

To create this dazzlingly beautiful piece of jewellery, the brilliant Greek designer Stergios Vasilou took as his inspiration the myth of Athena, the Greek goddess of knowledge and wisdom, who gave her name to the city of Athens.

The result: this glorious, highly decorative circlet, encrusted with rich jewels and based on one of the most famous examples of Greek art, the intricate border forming part of the traditional frieze on the Parthenon, in the heart of the Athenian metropolis.

The Greeks were proud of their city, in particular of its strength and invincibility, and Athena's beauty and purity symbolise this. Worshipping their goddess and revering her sacred mysteries was a form of religion for the ancient Greeks, who quite literally put their women on a pedestal.

The Pallas Athena Ring is a tribute to everything that is noble about this celebrated figure and all women like her: wise, strong, and courageous, yet never too proud to appreciate the homage men pay her. A gem of enchanting beauty, the Pallas Athena Ring speaks of devotion and eternal love.

A WONDERFUL DREAM COME TRUE: A STUNNING 50-DIAMOND RING

To own a diamond ring is every woman's dream. A dream which Stergios Vasilou turns into reality for you today with this glorious creation, bringing to life the precious stones and metals that best symbolise the hopes and qualities of love. Fifty brilliant cut diamonds – one whole carat in weight – that shine with inner splendour.

Now you can be the proud wearer of this legendary ring, available only from The Art Gallery.

Simply complete the coupon below or call free on 0800 597 1614 to find out more. We can send you a specially prepared fact-file giving you all the details of the ring and the special terms offered by The Art Gallery. You can even arrange for an amazing 14-DAY HOME TRIAL

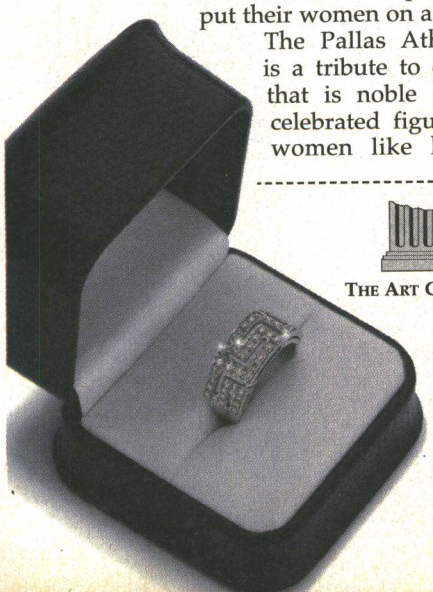
AN EXCLUSIVE PIECE OF JEWELLERY, FULLY CERTIFIED

The Pallas Athena ring is supplied in an elegant presentation case, designed to protect and display your jewel safely and attractively.

Together with your ring you will receive a Certificate from the GEMACYT Laboratory, guaranteeing the authenticity and quality of the diamonds and gold used in its creation.

Due to the excellence of these materials, we know the value of the Pallas Athena can only rise. So we can offer you our unbeatable REPURCHASE GUARANTEE – meaning we would buy back your ring after as little as 12 months for 5% more than the purchase price!

CALL
0800 597 1614
NOW TO FIND OUT MORE



THE ART GALLERY

Please complete and return this coupon by 21st July 1999 to:
The Art Gallery, FREEPOST SEA5974, Richmond, TW9 1BR
(no stamp needed) or call FREE on 0800 597 1614

I would like to know more about the Pallas Athena ring. Please send me my information pack plus details of the 14 day no obligation home trial.

Name: _____

Address: _____

PACW01 Postcode: _____

Saturday 3 July

MORNING

SKY PREMIER
PREMIUM CHANNEL

6.00 AM
6.00am The Secret Agent Club
1996, rating Sky PG, 87 mins
8.00 The Lies He Told
1996, rating Sky PG, 88 mins
10.00 Northern Lights
Diane Keaton, Maury Chaykin
1997, rating Sky PG, 87 mins
12noon Home Alone 3
Alex D Linz, Olek Krupa
Text *1997, rating Sky PG, DS, 98 mins*
2.00pm The Lies He Told
Gary Cole, Karen Sillas, George R Robertson
Drama in which a lawless renegade, on the run from the authorities, lures a trusting young woman into a secret world of lust and deception. *1996, rating Sky PG, 88 mins*
3.00 PM
4.00
The Secret Agent Club
Hulk Hogan, Lesley-Ann Down
A secret agent is masquerading as a toy seller, a fact he has managed to hide from his son. That is, until he is captured by an arms dealer and it falls to the boy to save his father! *1996, rating Sky PG, 87 mins*
4.00 PM
5.45 Home Alone 3
Alex D Linz, Olek Krupa
Struck down by chicken-pox, Alex is left at home on his own to outsmart the bad guys – foreign spies searching for a stolen military computer chip which has been secretley planted in a remote-control car that his dad bought for him.
Text *1997, rating Sky PG, DS, 98 mins*
5.00 PM
7.30 p:review
Upcoming movies on Sky.
8.00 The Peacemaker
George Clooney, Nicole Kidman, Marcel Iures
PREMIERE A gung-ho colonel and a brash White House executive are forced to work together as they go on the trail of stolen nuclear warheads which have fallen into the hands of terrorists. The two soon develop a grudging respect for each other. *1997, rating Sky 15, 124 mins*
6.00 PM
10.05 Event Horizon
Laurence Fishburne, Sam Neill, Kathleen Quinlan
A revolutionary spaceship, missing for seven years, reappears with the crew dead and signs of a mysterious presence on board. Text *1997, rating Sky 18, 92 mins*
7.00 PM
11.40 The Peacemaker
George Clooney, Nicole Kidman
1997, rating Sky 15, 124 mins
1.45am Michael Collins
Liam Neeson, Julia Roberts
Award-winning biopic of the life of one of Ireland's most controversial political figures.
Text *1996, rating Sky 15, 127 mins*
8.00 PM
4.00-5.40am A Christmas Carol
George C Scott, Nigel Davenport
Drama. *1984, rating Sky U, 97 mins*

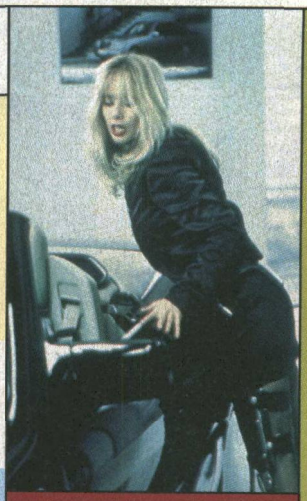
NIGHT TIME

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am My Ghost Dog
1997, rating Sky U, 87 mins
9.00 Charley and the Angel
1974, rating Sky U, 91 mins
11.00 Laura Lansing Slept Here
1988, rating Sky PG, 96 mins
1.00pm Cinema Paradiso
Philippe Noiret, Jacques Perrin
Award-winning Italian drama about a young boy who grows up in love with the magic of cinema. *1988, rating Sky PG, 118 mins*
3.00 My Ghost Dog
Russ Tamblyn, John Phillip Law
Family drama about a boy's dog which returns from beyond the grave to help him and his father in their battle against the wicked Aunt Violet who wants to get her hands on their money. But she has reckoned without Lucky, who is about to come to the rescue as a canine ghost. *1997, rating Sky U, 87 mins*
5.00
Charley and the Angel
Fred MacMurray, Harry Morgan, Kurt Russell, Cloris Leachman
Light-hearted comedy. A hard-talking man learns that he is not long for this world and, following the advice of a helpful angel, sets about repairing the damaged relationships with his family. *1974, rating Sky U, 91 mins*
7.00 A Very Brady Sequel
Shelley Long, Gary Cole
Crazy comic sequel featuring the TV family who seem to be trapped in the 1970s. A con artist claiming to be Carol Brady's long-lost first husband, Roy Martin, suddenly appears at the Brady's house, with his sights firmly set on the family's $20 million ancient statue. *1996, rating Sky PG, 86 mins*
9.00 Whiskey Down
Sean Patrick Flanery, Virginia Madsen, Jon Polito
Tense drama about a diverse group of diners who are brought together after a fellow restaurant customer dies clutching a $6 million lottery ticket. As the group discusses how to split the money, the situation descends into a violent confrontation. *1995, rating Sky 15, 84 mins*
11.00 Crash
Rosanna Arquette, James Spader, Holly Hunter
PREMIERE Notorious film in which a young couple discover a fetishistic fascination with automobile accidents pursuing their passion towards disaster.
Text *1996, rating Sky 18, 96 mins*
12.45am Cohen and Tate
1989, 83 mins
2.15 Mr Reliable
Text *1996, rating Sky 15, 108 mins*
4.05-5.35am Fifteen and Pregnant
Text *1997, rating Sky 15, 87 mins*

SKY CINEMA
PREMIUM CHANNEL

11.00am Saps at Sea
Stan Laurel, Oliver Hardy
1940, rating Sky U, 56 mins
12noon Bombers B-52
Karl Malden, Marsha Hunt, Natalie Wood, Efrem Zimbalist Jr
Romantic drama about a pilot who falls for a pretty young woman, much to the anger of her strict father. *1957, rating Sky U, 102 mins*
2.00pm My Man Godfrey
Carole Lombard, William Powell, Eugene Pallette
Comedy. An eccentric upper-crust family invite a tramp to be their butler only to discover that he is both richer and more worldly than they are. *1936, rating Sky U, 89 mins*
4.00 Destination Gobi
Richard Widmark, Don Taylor
War movie in which a team of weather surveyors from the US Navy find themselves under attack from Japanese forces during World War II. They are helped in their fight against the invading force by native tribesmen of the desert. *1953, rating Sky U, 90 mins*
5.55 Going My Way
Bing Crosby, Barry Fitzgerald, Rise Stevens, Gene Lockhart
Comedy about a down-to-earth young priest who faces a struggle for acceptance when he arrives in a gritty New York parish. His unconventional methods prove popular with the disadvantaged children of the parish, but bring him into conflict with his aged superior. *1944, rating Sky U, 121 mins*
8.00 Road to Utopia
Bob Hope, Bing Crosby, Dorothy Lamour, Hillary Brooke
Musical comedy in which two vaudeville performers travel to Alaska to make their fortune in the gold rush. Along the way they discover a map showing the location of a hidden gold mine, and find themselves being chased by thieves. *1945, rating Sky PG, 86 mins*
10.00 The Boost
James Woods, Sean Young, Steven Hill
Anti-drug drama. A salesman's cocaine addiction leads him into bankruptcy and turns his life into a living hell. *1987, rating Sky 18, 91 mins*
11.35 The Hunter
Steve McQueen, Eli Wallach
A bounty-hunter's work forces him to take extreme measures, putting his own life on the line. *1980, rating Sky 15, 93 mins*
1.15am Three Hours to Kill
Dana Andrews, Donna Reed, 1954, rating Sky 12, 77 mins
2.35 Bombers B-52
1957, rating Sky U, 102 mins
4.20-5.50am Change of Habit
1969, rating Sky PG, 89 mins



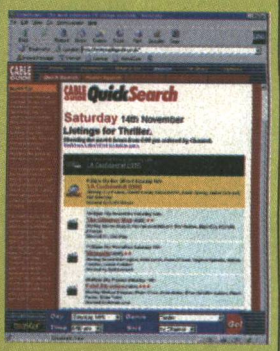
Rosanna Arquette stars in the premiere of David Cronenberg's 'Crash'. Sky MovieMax 11.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Interview with Michael Caine
9.15 Get Carter
Michael Caine, Britt Ekland
Hard-hitting British thriller about a London villain who sets out to avenge the death of his brother, victim of a gangland killing in Newcastle. Using ruthless methods, Jack Carter unearths the sordid conspiracy – involving drugs, gambling and porn – which cost his brother his life.
Widescreen *1971, 112 mins*
11.45 Telefon
Charles Bronson, Lee Remick, Donald Pleasence
Thriller in which a renegade KGB agent begins to trigger hypnotically controlled saboteurs by means of a telephone code, resulting in a series of bombings. *1977, 99 mins*
1.45am The Mask of Fu Manchu
Horror. *1932, 66 mins*
3.00-5.00am Once a Thief
Drama. *1965, 102 mins*



WANT TO KNOW WHICH KURT RUSSELL MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Godzilla, King of the Monsters!
Takeo Oikawa, Raymond Burr
Awakened by post-war H-bomb tests a mutant fire-breathing lizard leaves its watery home to terrorise Tokyo in revenge for destroying its environment. Raymond Burr's scenes were inserted later on to appeal to American audiences.
1956, 97 mins
8.00 Local Hero
Peter Riegert, Burt Lancaster, Fulton Mackay, Jenny Seagrove
Comedy drama. A Texas oil company executive is sent to Scotland to buy up an entire village for the site of a new refinery. The village sets about wondering how to spend the money they will make while the oil executive learns what is really important in life. *1983, 106 mins*
10.00 The Mission
Jeremy Irons, Robert de Niro
Historical drama. As Spain and Portugal squabble over territory in South America during the 17th century, an unlikely alliance is forged between a Jesuit priest and a cynical slave trader which proves to be the only hope for the native population. *1986, rating PG, 119 mins*
12.10am Nuns on the Run
Robbie Coltrane, Eric Idle
Comedy. *1990, 88 mins*
1.40
The Possession of Joel Delaney
Shirley MacLaine, Perry King
Horror. *1971, 108 mins*
3.25-6.00am The Hidden Fortress
Toshiro Mifune
Drama. *1958, 139 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Romantic comedy which takes a look at the 'what ifs' in life, following the different development of a particular woman's life after she misses, and doesn't miss, one train. Stars Gwyneth Paltrow and John Hannah. *1998, rating Sky 15, 95 mins*
PLAYS AT 6.00am, 8.00am, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 3
Channel 53
GODZILLA
One of the biggest special effects movies of the decade. The mutant result of French nuclear testing, the big green monster decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick. *1998, rating Sky PG, 133 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am, 3.30am

Sky Box Office 4
Channel 54
MIMIC
A scientist develops a breed of bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a couple of kids bring her a strange insect that they have found, she realises the insects did not die; they evolved. Stars Mira Sorvino. *1997, rating Sky 15, 101 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Superhuman Samurai Syber Squad 8.00 Mysterious Island
9.00 The Simpsons Text
9.30 Pokémon 10.00 Shadow Raiders 10.30 Godzilla
11.00 World Wrestling Federation
12noon World Wrestling Federation 1.00pm Seventh Heaven 2.00 America's Dumbest Criminals Text
2.30 Pokémon

3.00 Godzilla
Nick's team of scientists defend mankind, with Godzilla's help.
3.30 Shadow Raiders
Robotron
Computer animated series.
4.00 Star Trek: Deep Space Nine
Little Green Men
A mishap sends Quark, Rom and Nog back in time to Roswell, New Mexico in 1947. Text
5.00 Star Trek: Voyager
Basics
Voyager receives a distorted message from Seska telling Chakotay that he has a son derived from his DNA. Text
6.00 V.I.P.
Val the Hard Way
The V.I.P team is sent to Las Vegas to pose as a gang of female thieves hired to steal a valuable cache of platinum.
7.00 Hercules: The Legendary Journeys
Render Unto Caesar
Hercules is determined to stop Caesar when he launches a campaign to conquer Eire.
8.00 World's Greatest Hoaxes
Lance Henriksen takes an in-depth look at Bigfoot, the Loch Ness Monster, the alien autopsy and UFO sightings. Text
9.00 Stargate SG-1
Singularity
The SG-1 team rescues a little girl, the sole survivor of a planet, only to find she is a human time bomb. Text
10.00 Stargate SG-1
Cor-Ai
Teal'c is put on trial by the son of a man he killed when he served under the evil Goa'uld Apophis. Text
11.00 JAG
New Hope for the Dead
Action series about the the US Navy's Judge Advocacy Corps, the military's version of detective, prosecutor and defence attorney.
12midnight Showbiz Weekly
In-depth coverage of film, music, TV and celebrity interviews.
12.30am Malibu Shores
Against the Wall Text
1.30 The Extraordinary
Hosted by Corbin Bernsen. Text
2.30-6.00am Long Play
Music all night long.

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
Soap set in St Angela's Hospital.
7.30 Neighbours Omnibus
Dorothy returns to a life-and-death situation at home.
9.25 Dallas Omnibus
JR and Kimberley's plan to get rid of Sue Ellen backfires.
12.10pm EastEnders Omnibus
Arthur wants to give Pauline a birthday treat but is hampered by his well-meaning family.

3.00 The Bill Omnibus
The omnibus includes an episode where an old man is found at the bottom of a flight of stairs. Did he fall or was he pushed? And when a drugs raid is unsuccessful, it is Carver's dislike of a customer which reaps unexpected results. In another episode a tragic accident involving a teenage boy puts Page and Quinnan on the trail of illicit alcohol traffickers.
5.20 To the Manor Born
Audrey's hopes of seeing the estate run along old lines are dashed when she discovers the new owner's background.
6.00 FILM: Doctor in Trouble
Leslie Phillips, Harry Secombe, James Robertston Justice
When a doctor follows his girlfriend on board the cruise ship where she has taken a job, he inadvertently becomes a stowaway. After being discovered, he is put to work as the captain's personal steward and then the ship's doctor. *1970*
8.00 Bread
Liverpudlian sitcom about a family of loveable rogues.
8.40 Open All Hours
Classic comedy about miserly shopkeeper Arkwright and his downtrodden nephew Granville.
9.20 Fawlty Towers
Waldorf Salad
Basil encounters problems when an argumentative American guest orders a Waldorf salad.
10.05 Shooting Stars
Vic Reeves and Bob Mortimer host the quiz with team captains Mark Lamarr and Ulrika Jonsson.
10.45 Bottom
Digger
A dating agency gives Richie the chance to achieve his life's ambition – to have sex.
11.25 Monty Python's Flying Circus
Seminal comedy sketch show.
12.05am
FILM: The Breakfast Club
Emilio Estevez, Judd Nelson
Teen comedy. Five high school kids spend a day in detention. *1985*
1.55 Colin's Sandwich
Sitcom about an harassed writer.
3.00-7.00am

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole
7.00 Tiny Living
9.00 The Heat is On
9.30 Can't Cook, Won't Cook
10.00 Entertainment Now!
10.15 Home and Away
12.30pm
FILM: For the Love of Nancy
Tracey Gold, Jill Clayburgh
Drama about an anorexic girl. *1994*
2.20 FILM: Loving Evangeline
Nick Mancuso, Karl Bury, Kelly Rowan, Winston Reckert
Drama about the president of a Boston-based software company who returns to his Nova Scotia boyhood home when his younger brother is killed in a boating accident. He becomes obsessed with the owner of the marina from which the boat was rented, a young widow who is convinced that the brother's death was no accident. *1998*

4.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20 Michael Cole
No-holds-barred talk show in which host Michael Cole discusses sensational subjects with a studio audience.

8.00 Change of Heart
Dating show where partners meet their dream date.
8.30 The Dating Game
Dating show in which guests pick looks or personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Entertainment Now!
The latest gossip, lifestyles and showbiz news.
11.00-12midnight Sextasy
Raunchy late-night fun presented by Katrina Buchanan.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Mission Impossible
7.00 Plus on Plus
7.30 Cannon and Ball Show
8.00 A Fine Romance
8.30 Bowler
9.00 The Avengers
10.00 The Persuaders
11.00 Hawaii Five-0
12noon Second Thoughts
12.30pm Plus on Plus
1.00 Mission Impossible
2.00 The Return of the Saint

3.00 The Darling Buds of May
Stranger at the Gates
A handsome young Dane arrives looking for work and Marietta's heart is set all a-flutter.
4.00 The Love Boat
Ex Plus Y
A newly-wed couple bump into the ex-husband, two 13-year-olds fall in love, and the cruise director is attracted to a handsome man.
5.00 The Persuaders
Element of Risk
There's an unfortunate case of mistaken identity for Danny Wilde, and his life depends on his being able to live up to it.
6.00 The Benny Hill Show
Classic comedy featuring sketches, guest stars and, of course, a bevy of beauties. With Henry McGee and Bob Todd.

7.00 The Avengers
They Keep Killing Steed
A rash of 'Steed' imposters cause havoc at a peace conference. Stars Patrick Macnee and Linda Thorson.
8.00 The Darling Buds of May
Stranger at the Gates
A handsome young Dane arrives looking for work and Marietta's heart is set all a-flutter.
9.00 The Dame Edna Experience
Featuring interviews with Grace Jones and Tony Curtis.

10.00-11.00pm The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm V
Alternative fashion programme, presented by Francine Lewis.
11.30 The Hot House
Late-night show, presented by Kim Hughes and Terry Christian.
12midnight
Jo Guest's Private Parts
Saucy series which deals with adult topics and tackles sexual problems.
12.30am
Bigger Better Bouncing Babes
1.00 Real Sex
Sexuality in today's society.
1.30-2.00am
Noddy's Electric Ladyland

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 Winnie the Pooh 7.00 Bite Size 7.20 Bear in the Big Blue House 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids 9.00 Double Art Attack 9.35 Hercules: The TV Show
10.00 Doug
10.30 Recess
10.45 Pepper Ann
11.00 Smart Guy
1.30 Teen Angel
12noon Boy Meets World
12.30pm Thunderstone
1.00 Dinosaurs
1.30 Disney on Demand Movie

3.00 The Little Mermaid
Adventures of mermaid Ariel and her friends. Text
3.30 Goof Troop
Goofy tries to keep his son and his own crazy nature in line. Text
4.00 101 Dalmatians
Canine capers. Text
4.30 Hercules: The TV Show
Hercules and the Aetolian Amphora Text
5.00 Crash Zone
Secrets and Lies
5.30 Teen Angel
Marty Buys the Farm
Marty eats a six-month-old burger. Text
6.00 Smart Guy
Precocious antics. Text
6.30 Boy Meets World
My Best Friend's Girl
Manoeuvering is needed to bring Topanga and Cory together.
7.00 FILM: Pocahontas
Voices of Irene Bedard, Mel Gibson, David Ogden Stiers
The powerful and moving animated story of a Native American princess and her ill-fated love for an English sea captain. *1995*
8.20 Honey, I Shrunk the Kids: TV Show
Honey, the House is trying to Kill Us Text
9.05 Double Dinosaurs
Prehistoric sitcom with the huge and huggable dinosaurs. Based on an idea by *The Muppets* creator Jim Henson and using state-of-the-art puppetry. Text
10.00 Home Improvement
10.30 The Wonder Years
11.00 Dr Quinn: Medicine Woman
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

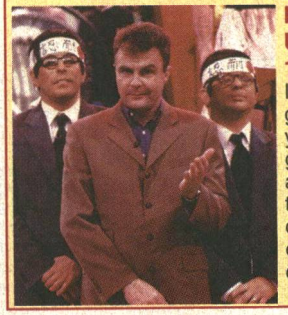
FILM

Crash
Sky MovieMax 11.00pm
Controversial Canadian director David Cronenberg outraged critics with this unsettling premiere – a typically cold adaptation of the JG Ballard novel about misfits who get turned on by car wrecks. A shocking film, but one whose designer camerawork redeems it.

GENERAL

Monster Mania
Sci-Fi 8.30pm
Actor Jack Palance examines how monster movies have evolved over the years. He unearths some great clips, including some of the scariest moments from films such as *Jaws* and *Alien*. The programme is followed by Francis Ford Coppola's film *Bram Stoker's Dracula*.

ADVERTISEMENT



ENDURANCE
UK 2
10.00PM
It's gutsy, gruelling and gruesome, and it's back ... yes, *Endurance UK 2* gathers the hardest birds and blokes in the country to find out how much they can stomach in a series of daring, disgusting challenges. Paul Ross hosts.

Saturday 3 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am YOZ
8.30 Mountain Bike
9.00 Mountain Bike
9.30 Athletics
11.30 Tractor Pulling
12.30pm Motorcycling – LIVE
Coverage of the British Grand Prix at Donington Park.
1.00 Motorcycling – LIVE
125cc qualifying practice.
2.15 Motorcycling – LIVE
500cc qualifying practice.

3.00 PM

3.15 Motorcycling – LIVE
Coverage from the 250cc qualifying practice round of the British Grand Prix from Donington Park.
4.00 PM
4.30 Cycling
Prologue of the Tour de France from Le Puy-du-Fou, this year's departure city.

5.00 PM

5.00 Cycling – LIVE
Coverage from the first day of the 86th Tour de France.

6.00 PM

6.30 Athletics
Coverage from the IAAF Grand Prix from St Denis in France.

7.00 PM

8.00 PM

8.00 Boxing
Coverage of an international contest.

9.00 PM

9.00 Cycling
Highlights from the Tour de France in Le Puy-du-Fou earlier today.

10.00 PM

10.00 Motorcycling
Highlights of the practice session from the World Championship British Grand Prix held at Donington Park.

11.00 PM

11.00 Darts
Action from the European Open in Berlin, Germany.

12.00 NIGHT TIME

12midnight-1.00am Bowling
Coverage of the men's fourth round event at the 1999 Golden Bowling Ball in Frankfurt, Germany.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Super League
7.00 Sky Sports Centre
7.30 Extreme Sailing
8.00 Racing News
8.30 Euro Tour Golf: Murphy's Irish Open
9.30 Super League
10.30 Cricket: England v New Zealand 1st Test – LIVE
Coverage from Edgbaston of day three in the first Cornhill Insurance Test match between England and New Zealand. The action is presented by David Gower, with commentary from Ian Botham, Bob Willis and David Lloyd.

6.30pm Bobby Charlton's Football Scrapbook
Each week a different football great joins Bobby Charlton and Dickie Davies to look back at some of the key matches in his career.

8.00 Australian Rugby League
Chris Warren presents highlights from another top match in the Australian Rugby League.

9.30 Cricket: England v New Zealand 1st Test
Highlights from the third day at Edgbaston in the first Cornhill Insurance Test match where England play New Zealand.

11.00 Euro Tour Golf: Murphy's Irish Open
Highlights from day three of the Murphy's Irish Open. The Druids Glen Course plays host to the event.
1.00am Ford Golf USA: Motorola Western Open
Repeated from Sky Sports 3
3.00 Cricket: England v New Zealand 1st Test
4.30 Gaelic Games
5.30-6.00am Gillette World Sport Special

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited
7.00 Aerobics Oz Style
7.30 Racing News
8.00 Sky Sports Centre
8.30 Gillette World Sport Special
9.00 Soccer AM
12noon Max Power
1.00pm Copa America Football: Peru v Bolivia and Paraguay v Japan
Action from the latest round.

3.00 International Football: U16s France v Argentina – LIVE
Action from another match in the U16s tournament as France take on the technically gifted Argentinians.

5.30 Baseball Max
Every aspect of baseball plus the best action from the Major League.

6.00 Sports Auction: Golf Memorabilia Auction Preview
6.30 The Winning Post: Carlisle/ Nottingham – LIVE
Horse racing introduced by Jeff Stelling. This evening the meetings are at Carlisle and Nottingham.

8.00 Copa America Football: Brazil v Mexico and Chile v Venezuela – LIVE
Coverage of the action from Paraguay in the latest round of matches in the Copa America – South America's bi-annual football carnival.

12.30am Major League Baseball: New York Mets v Atlanta Braves
3.30 Rebel Sports
4.00 Max Power
Including touring cars, single seaters and off road events.
5.00 Irish Motor Sport
5.30-6.00am Rebel Sports

SKY SPORTS 3
PREMIUM CHANNEL

10.30am Australian Rugby League – LIVE
Rugby action presented by Chris Warren.
12.30pm Australian Rules Football
More action and excitement from down under.
2.30 Moto-Plus
Motoring mayhem for those who like to live life in the fast lane.

3.00 Euro Tour Golf: Murphy's Irish Open – LIVE
Three hours of golfing action from the Murphy's Irish Open at the Druids Glen Golf Course in Dublin.

6.00 Speedway: Poland Grand Prix – LIVE
Keith Huewen presents the action from the Polish Speedway Grand Prix at the Olympic Stadium in Wroclaw.

9.00 Ford Golf USA: Motorola Western Open – LIVE
All the action from day three of the $2.5million Motorola Western Open, taking place among the fairways and greens of the Cog Hill Golf and Country Club.

11.00 Baseball Max
Fast-paced show covering all aspects of the game.
11.30-12midnight Irish Motor Sport
Motoring action.

Brazil's Rivaldo will try and put his best foot forward against Mexico in the Copa America. Sky Sports 2 8.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Masterfan – Final
7.00 An Audience with...
A United legend takes centre stage.

8.00 Red Hot News
8.15 Mini Match
8.30 Super Match: Premier Classic – Manchester v Aston Villa
United take on Aston Villa in a memorable 1993 encounter.
9.30 Red Hot Update
9.35 Super Match Continued
Continuing the Aston Villa encounter from 1993.
10.30 Red Hot News
10.45 Mini Match
Classic action in a bite-size chunk.
11.00-12midnight Did You See...
If you missed it, don't worry, sit back and relax as we show you the best from last week's MUTV.

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

SCI-FI
ACTION PACK

7.30am Cybernet
8.00 The Flash 9.00 The Ray Bradbury Theatre
9.30 New Alfred Hitchcock
10.00 Robocop
11.00 The Incredible Hulk
12noon-5.00pm Buck Rogers in the 25th Century
12noon *Unchained Woman*
1.00pm *Planet of the Amazon Women*
2.00 *The Cosmic Whiz Kid*

3.00
Escape from Wedded Bliss
Princess Ardala holds the earth to ransom for Buck's hand in marriage. Starring Gil Gerard.
4.00
Cruise Ship to the Stars
Buck Rogers protects Miss Cosmos, a genetically perfect woman, from a mysterious kidnapper.
5.00 FILM: Village of the Giants
Tommy Kirk, Beau Bridges, Ron Howard
Teenage musical fantasy about a group of misfits who terrorise a small town. *1965*
6.30 The Ray Bradbury Theatre
The Toynbee Convector
Short story adaptations.
7.00 Robocop
Midnight Minus One
RoboCop and Officer Madigan race the clock to prove a killer is innocent before he's executed.
8.00 The Phantom Menace
A look at George Lucas' s prequel to *Star Wars*.
8.30 Monster Mania
How Hollywood movie monsters have evolved through the years.
9.30 FILM: Bram Stoker's Dracula
Gary Oldman, Winona Ryder, Anthony Hopkins, Keanu Reeves, Richard E Grant, Cary Elwes
After centuries alone in his crumbling castle, Count Dracula, lord of the undead, makes plans to leave Transylvania and to travel to London to fulfil his passionate and horrific desires. *1992*

12midnight Perversions of Science
Given the Heir
12.30am The Hunger
The Swords
1.00 Mystery Science Theatre 3000
2.45 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE COPA AMERICA: BRAZIL V MEXICO SKY SPORTS 2 8.00PM

The footballing fiesta that is the bi-annual Copa America continues in Paraguay. Tonight, we can enjoy the silky skills of reigning champions Brazil who take on Mexico who, along with Japan, are one of the two invited guest nations joining the ten South America sides. Since losing in the World Cup final, the aura of invincibilty which once surrounded Brazil has faded somewhat. But any side which boasts the likes of Rivaldo, Romario and Ronaldo will be hard to overcome.

ITV2
ACCESS PACK

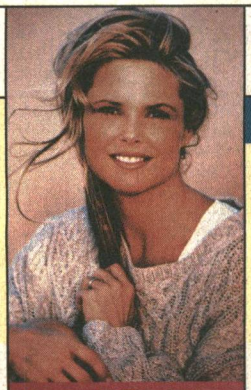
9.25am Toddlers' CITV2
11.05 Dream Street
11.15 The Adventures of Captain Pugwash
11.25 Wolves, Witches and Giants
11.40 Zzzap!
12noon Captain Simian and the Space Monkeys
12.20pm CITV2: The Zig and Zag Show
12.35 The Rottentrolls
12.45 Knight School
1.15 Extreme Dinosaurs
1.40 Energize
2.00 Extreme Ghostbusters
2.30 Waynehead
2.50 Are You Afraid of the Dark?
3.10 The Quick Trick Show
3.25 Lavender Castle
3.40 Home and Away
5.30 Futbol Mundial
6.00 Taking the Pitch
6.30 Dealer's Choice
7.00 The Locker
7.30 The Mix
Charts, gossip and interviews.
8.30 Maggie Winters
9.00 I Suppose You Think That's Funny
Celebrity panel game.
9.30 Unmissable ITV: Strassman
Ventriloquism and chat.
10.00 The Bill
11.00 Tonight with Trevor McDonald
12midnight God's Gift
1.00am The Haunted Fishtank
1.30-2.00am Videotech

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Stripper of the Year 12.20 Double Agent 12.45 FILM: Public Access 1.00 Free View 1.05 FILM continues 2.00 Five Minute Free View 2.05 Adult Feature 2.30 FILM: Zazel 3.40-4.00am Susan and Sarah

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Saturday 3 July



'Intimate Portrait' profiles supermodel Christie Brinkley. Granada Breeze 10,00am 5.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Candid Camera
Footage of pranks on members of the public.
7.15
The Games Room
7.25 Roll with It!
7.55
The Crystal Maze
The unique programme which takes the team of challengers through mental and physical games in four zones. Hosted by the eccentric Ed Tudor-Pole.
9.00
The Games Room
9.15
Karaoke Challenge
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
Members of the entertainment world are caught on screen when they thought they were safe.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 The Fashion 9.00 No Tomorrow 9.30 Indecent Proposals 10.00 UWA Wrestling Rampage 11.00 Boys' Toys 11.30 Lie Detector 12noon The Fashion Show 12.30pm No Tomorrow 1.00 Judge Judy 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing action.
4.00
Mis-Match of the Day
Celebrity football challenge.
4.30 Agony
More advice for troubled souls from the straight talking agony aunts.
5.30
Indecent Proposals
Members of the public are paid cash for performing foolish stunts.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
No Tomorrow
Apocalyptic last wishes.
7.00
The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00
Bangers and Smash
Stock car racing action.
8.30
Mis-Match of the Day
Celebrity football challenge.
9.00 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 Ideal Home Cooks 10.30 Food for Thought 11.00 Taste of the Times 11.30 Ross on the Range 12noon Food Network Daily 12.30pm Caribbean Light 1.00 Newman Meets 1.30 Vin Ordinaire 2.00 The Alex Factor 2.30 Food Network Daily 3.00 United Tastes of America 3.30 Simply Fish
Tuna fishcakes and more.
4.15-5.00pm
More Simply Antony
Tex-Mex

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Foods now considered to be traditionally American.
5.30 Get Smart
The Spy Who Met Himself
6.00 I Spy
Will the Good Guys Please Stand Up
Two enemy agents impersonate Kelly and Alex to kidnap a scientist.
7.00 Flying Start
Emma B and Ed Sanders present the travel game.
7.30
Birds of a Feather
Just Visiting
8.00 Peak Practice
Growing Pains
A young athlete with a domineering father suffers a mysterious knee injury just before a big race.
9.00
Perfect Scoundrels
The Goodbye Look
Buchanan and Cassidy try to save a friend's daughter from a nightclub owner.
10.00 Wildside
Police drama series set around a group of people who work in a downtown police station in Sydney's red light district.
11.00
Hill Street Blues
Fruits of the Poisonous Tree
Furillo gets embroiled in a courtroom dispute.
12midnight I Spy
Will the Good Guys Please Stand Up
1.00am Jenny Eclair's Private Function
1.30-2.00am The Screen
Magazine programme looking at the latest movies.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court
More animal-related cases.
1.00 Hollywood Safari 2.00 Lassie
Dad's Watch
2.30 Lassie
Responsibility
Children's series about a loveable and loyal collie.
3.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets in practice.
3.30 Animal Doctor
Animal emergencies.
4.00 Going Wild with Jeff Corwin
Los Angeles
4.30 Going Wild with Jeff Corwin
Baja
5.00 Horse Tales
Star Event
5.30 Horse Tales
Wild Horses
Real-life stories of individual horses.
6.00 Judge Wapner's Animal Court
Two animal-related cases.
6.30 Judge Wapner's Animal Court
A vet demands paying.
7.00 Hutan – Wildlife of the Malaysian Rainforest
The Hidden World
NEW SERIES Double bill of this wildlife documentary.
8.00 Champions of the Wild
Ring-Tailed Lemurs
8.30 Champions of the Wild
Orang-Utans
9.00 Spirits of the Rainforest
A closer look at the unique wildlife that lives in the difficult environs of the rainforest.
10.00 Hutan – Wildlife of the Malaysian Rainforest
Rainforest Drought
Double dose of the series narrated by Andrew Sachs.
11.00
Emergency Vets
A behind-the-scenes look at a veterinary practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons 9.00 The Face of Tutankhamun 10.00 Easter Island – The Story 11.00 Easter Island – The Secrets 12noon Tomorrow's World Plus 1.00pm Clive James – Postcard from Los Angeles 2.00 Crowned Lemurs 2.30 Flying Foresters

3.00 The Private Life of Plants
David Attenborough's incredible journey into the world of plants.

4.00 At the Edge of the Sea
The story of a wildlife battle zone where the sea crashes against the coast of Vancouver Island.
5.00 Rolf's Amazing World of Animals
Family entertainment.
5.30 Zoo's Company
The Healesville Sanctuary has a pregnant platypus.
6.00 Secrets of the Paranormal
Ghost Rescue
Paranormal mysteries.
6.30 Local Heroes
Northern Ireland
7.00
Killing for a Living
People as Prey
A look at the wild side of animal life following the daily struggle for survival.
8.00 I, Caesar
Constantine – Bearing the Cross
This programme looks at the fourth-century Emperor Constantine.
9.00 Mersey Blues
A Fair Cop?
Police drama. Detective Chief Inspector Elmore Davies is arrested and charged with corruption.
10.00 Top Gear GTi
Testing the latest models and casting an eye over the hottest motoring news, the team present a specially extended edition.
11.05 Clive James – Postcard from Rio
12.05am-1.00am
The OJ Simpson Trial
Opening Arguments

UK PLAY:
1.00am Rock Profile 1.30 Pop Upstairs Downstairs 2.00 FuturTV 2.30 Bob Downe All Over Britain 3.00 Sound of Disco 3.30 Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 Flatmates 5.30 Chris Moyles 6.00 Funny Noise 6.30-7.00am UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden 7.00 View 7.50 Passions 8.00 Rosemary Conley 8.30 Gardeners' Diary 9.00 Montel Williams 10.00 Portrait 10.50 Passions 11.00 Perfect Parenting 11.30 Family Recipes 12noon Indoor Garden 12.30pm Cook's Garden 1.00 Home and Garden Livetime 2.00 The View

3.00 Home and Garden Livetime
Interior design, DIY and gardening advice. Presented by Becky Want and Carl Wilde.
4.00 The Montel Williams Show
Montel Re-Visits Teens
Award-winning US chat show presented by Montel Williams.
5.00-6.00pm
Intimate Portrait
Christie Brinkley
A look at the life and career of Christie Brinkley.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Volcano Island
A visit to the Caribbean island of Montserrat.
7.30 Extreme Earth: Beating the Blizzards
8.00 Piranha!
A closer look at the deadly red piranha.
8.30
Nature's Nightmares: The Terminators
9.00 Legends of Killer Sharks
Footage of the worst spate of shark attacks including the attack which took place in 1916 New Jersey.
10.00 Poles Apart
An insight into man's quest to conquer the final great polar challenge. The explorers are led by Sir Ranulph Fiennes.
11.00
The Hakka Mystery
An exploration into the Hakka society and its mysterious and unknown way of life.
12midnight-1.00am
Taking Pictures
Join Australian documentarists as they make a film about Papua New Guinea.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Voluptuous Vixens 11.15 Sex Guides 12midnight Freeview 12.10am Katie's Fantasies 12.30 Neil Down – Sex Therapist 1.00 FILM: Hawaiian Erotics 2.15 Dungeon Dykes 2.40-4.00am FILM: Telephone Exposé

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Boys 'R' Us Weekend
A special programme taking a closer look at male singers.
10.00 European Top 20 12noon Boys 'R' Us Weekend 1.00pm Total Request 2.00 Boys 'R' Us Weekend
Footage of boy bands including Boyzone, Five and Take That.
4.00 Select MTV
Presented by Richard Blackwood.
6.00 News Weekend Edition
A rundown of the biggest news stories from the last seven days.
6.30 MTV Live – Best of the Boybands 8.00 Boys 'R' Us Weekend
A selection of the best male bands.
11.00 Total Request 12midnight brand:new
All the best music brought to you by Zane Lowe.
1.00am
Saturday Night Music Mix
All the biggest most popular dance tracks around, as well as the biggest hits around.
3.00 Chill Out Zone 5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast 9.00 Greatest Hits 9.30 Talk Music 10.00 Something for the Weekend 11.00 Millennium Classic Years: 1974 12noon Behind the Music: Cher 1.30pm Pop-Up Video 2.00 American Classic 3.00 Album Chart 4.00 Divas Weekend Hits 6.00 Divas Live '99 8.30 Disco Party 9.00 Kate and Jono 10.00 Gail Porter's Big 90s 11.00 Spice 12midnight Midnight Special 12.30am Ed Sullivan's Rock'n'roll Classics 1.00 Divas Live '99 3.30-6.00am Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Country Tracks 8.00 Off the Beaten Track 8.30 How Does Your Garden Grow? 9.30 Growing Places 10.00 Gardeners' World 10.30 Antiques Roadshow US
NEW SERIES 11.30 The Antiques Show 12noon Moving People 12.30pm House in France 1.00 Coast to Coast 1.30 Country Tracks 2.00 Off the Beaten Track 2.30-3.00pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm Arena People: Nick Hornby 4.05 Sounds of the Seventies 4.35 Sounds of the Seventies 5.05 Later on Rory Gallagher 6.00 The Arena 100 6.30 The First, the Last, My Everything 7.00 Reviews You Can Use 7.55 Arena People: Rudolph Nureyev 8.55 Arena People – Maria Callas 10.00 FILM: Strawberry and Chocolate *1993* **12.10am Later on Rory Gallagher 1.05 Arena People: Rudolph Nureyev 2.00-3.00am Arena People: Maria Callas**

Saturday 3 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Potted History 6.30 Top Marques 7.00 Tool Time 7.30 These Four Walls 8.00 Gimme Shelter 8.30 Wood Wizard 9.00 Go Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt's Fishing 10.30 House Auction 11.00 House Auction 11.25 Home and Leisure House 11.30 Yankee Workshop 12noon Cookabout 12.30pm Top Marques 1.00 Doorstep DIY 1.30 House Down Under 2.00 Weekend's Work 2.30 Our House 3.00 Time Team 3.30-4.00pm Time Team

DISCOVERY
WORLD PACK

4.00pm
Tanks! A History of the Tank at War
Blueprint for Victory
The battlefield tactics of the Second World War.
5.00 Stalin's War with Germany
The Road to Stalingrad
How the Russian people withstood suffering almost unknown in the West.
6.00 Stalin's War with Germany
The Road to Stalingrad
A shift in power as the German invasion of Russia headed for Stalingrad.
7.00 Super Structures
International Space Station
The construction of the international space station, 250 miles above the Earth's surface.
8.00 Storm Force
Storm Rescue
Avalanche stories from around the world involving skiers, mountaineers and mountain rescuers.
9.00 Wild Rides
Some of the world's most amazing rollercoasters, and meets the men and women who design, build and ride them.
10.00 The FBI Files
John Gotti – Convicted
One FBI agent's obsession with convicting John Gotti, the head of the Gambino crime family in New York.
11.00
Discover Magazine
Water
The scientists who are uncovering the mysteries of rogue waves.
12midnight
Stalin's War with Germany
The Road to Berlin
The story of the Red Army's epic struggle to drive the Germans from Russian soil.
1.00am-2.00am
Stalin's War with Germany
The Road to Berlin

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 RTG 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon The Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby-Doo 2.00 Animaniacs 2.30 The Mask

3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
An egotist's adventures.
4.00
The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos.
5.00 Ed, Edd 'n' Eddy
5.30
Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Freakazoid!
On-line antics.
6.30 The Flintstones
Prehistoric men behaving badly – but they have big hearts in their loincloths.
7.00 Batman
The animated adventures of the Caped Crusader and the Boy Wonder.
7.30 Superman
Krypton's Man of Steel.
8.00 Captain Planet
8.30-9.00pm
The Real Adventures of Jonny Quest

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7am Extreme Ghostbusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenen & Kel 9.30 Sabrina The Teenage Witch 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 Angry Beavers 11.30 Angry Beavers 12noon CatDog 12.30pm CatDog 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Nickelodeon's Top 20 2.30 Nickelodeon's Top 20

3.00 Kenan & Kel
Two funky friends and their wild adverntures.
3.30 Kenan & Kel
Two funky friends and their wild adverntures.
4.00 Sister Sister
Life with Tia and Tamera and their single parents.
4.30 Sister Sister
Life with Tia and Tamera and their single parents.
5.00 Sabrina The Teenage Witch
Supernatural fun with the crafty teen queen.
5.30 Sabrina The Teenage Witch
6.00 Moesha
6.30-7.00pm Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Cheater Cheater
Tamera cheats on a test.
7.30 Jenny
8.00 Desmond's
8.30 Just Shoot Me
Eve Of Destruction
Jack's ex-wife claims a painting she won in their divorce 25 years ago.
9.00 Seinfeld
The Heart Attack
George has a suspected heart attack in a restaurant.
9.30 Cybill
The Piano
10.00
FILM: Cadillac Man
Robin Williams, Tim Robbins, Pamela Reed
Comedy. An ambitious car salesman has a bad day at work when his teenage daughter goes missing, his job is under threat, and his lover's husband threatens to shoot him. *1990*
11.45 Lancelot Link
12midnight
Comedy Network
12.30pm The People Vs Jerry Sadowitz
1.00am Morwenna Banks
1.30 In Bed with MeDinner
2.00 Almost Perfect
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am-11.50am
Dennis and Gnasher
A feast of fun with the Beano boys including new episodes *The Secre Diary*, in which Dennis discovers his dad's childhood diary, *Snowbound* and *The Day They Banned TV*.
11.50 Oggy and the Cockroaches or Home to Rent
1.55pm The Incredible Hulk
2.20 Iron Man
2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30
Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Eerie Indiana: The Other Dimension
Spooky, out-of-this-world series.
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
Unidentified Funny Object
Dennis and Gnasher help out some aliens.
5.30 Ace Ventura
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 In the Kitchen with Susan Brookes
Our cook prepares great food on a budget.
8.30 Household Solutions
9.30 Junior Sports Store
10.00 Spotlight on Sports
As Wimbledon '99 draws to a close, Shop! presents a tennis special with racquets and accessories.
11.00 The Gold Collection
Stunning quality jewellery – exclusive to Shop!
12noonThe Clothes Line
1.00pm Bargain Shop!
1.30 Switched On
The best TVs and videos for every home.
2.30 6 of the Best
3.00 Global Cuisine
More exciting food ideas as Shop!'s cook serves up perfect English fare for summer days.
4.00 Home Style
Transform your home the easy way with the help of the Shop! experts.
5.00 Shop! Selection
6.00 The Gold Collection
Stunning quality jewellery – exclusive to Shop!
7.00-8.00pm
The Clothes Line
Last-minute holiday fashion.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 7.30 Movies 8.00 Weekend 24 9.00 News 10.30 Straight Talk 11.00 News 11.30 Simpson 12noon News 12.30pm Seven Days 1.00 News 2.30 Straight Talk 3.00 News 6.30 Scoreline 7.00 News 7.30 Scoreline 8.00 News 8.30 Simpson 9.00 News 9.30 Straight Talk 10.00 News 10.30 Movies 11.00 News 12midnight News 12.30am Seven Days 1.00 News 2.30 Simpson 3.00 News 3.30 Science 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Straight Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Europe 6.30 Business 7.30 World Beat 8.30 Sport 9.30 Pinnacle 10.30 Sport 11.30 Your Health 12.30pm Moneyweek 1.00 Report 2.00 Perspectives 3.30 Sport 4.30 Pro Golf 5.00 Larry King 6.30 Fortune 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World View 11.30 Inside Europe 12.30am Health 1.00 World Today 1.30 License 2.00 Larry King 3.00 World Today 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Showbiz Weekly 10.30 Fashion TV 12noon Sky News Today 1.30 Answer the Question 2.00 Sky News Today 3.30 Global Village 4.30 Week in Review 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fox Files 10.00 Sky News at Ten 11.30 Sportsline Extra 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 The Book Show 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Bus et Compagnie 7.00 Journal 7.30 Branché 8.00 Infos 8.05 Bus 9.00 Journal 9.15 Faut pas Rêver 10.00 Infos 10.05 Outremers 11.00 Infos 11.05 D (Design) 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Bouillon de Culture 2.30 Les Inventions de la Vie 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Reflets 5.00 Journal 5.15 Des Racines et des Ailes 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal 8.15 L'Étape du Jour 9.00 Journal 9.15 Envoyé Spécial 11.00 Journal 11.30-12midnight Soir 3

3SAT 5.50am 7 Tage 6.00 Fundsachen 7.00 Alpenpanorama 8.00 Zeit 8.05 Kulturzeit 8.45 Alpen 9.15 Heimat 9.45 Report 10.30 Vor 30 Jahren 11.00 In Concert 11.15 Quer 12.15pm Schlagermagazin 1.00 Computershow 1.30 Gläserner Wald 2.15 Frau-TV 2.45 Matinée 4.35 Trends 5.00 Müll-Profis 5.30 Ausland 6.00 Heute 6.20 Kino 7.00 Tagesschau 7.15 Sturm 9.25 Sinnlichkeit 10.25 ALEX 11.25 Seitenblicke 11.50-12.15am Satire

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Variety 10.00 Interactive 11.30 News 12noon Kashmakash 12.30pm Pakistan This Week 1.00 Pakistan Business Update 1.30 FILM 4.00 Edit 4.30 Thekikaat 5.00 Kashkol 6.00 Ek Mulaqat 6.30 BPL Oye 7.30 Eurospice 8.00 Junoon 8.30 Mumkin 9.00 FILM 11.30 Baaje Payal 12midnight Mumkin 12.30am Ek Mulaqat 1.00 FILM 4.30 Junoon 5.00 Kainaat 6.00 Chand Ghazlien 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dillagi 6.30 Shabads 7.00 Faith 7.30 News 8.00 Pakistan Business Week 8.30 Jungle Book 9.00 Mr Gayab 9.30 Entertainment Express 10.00 Up Beat 10.30 Zee Addicts 11.00 Ru-ba-ru 11.30 Khana Khazana 12noon FILM 3.00pm My Choice 4.00 Jaal 5.00 Public Demand 5.30 Rishtey 6.30 Hum Paanch 7.00 Zee Top Ten 8.00 News 8.30 Jaan 9.00 FILM 12midnight News 12.30am Shapath 1.00 Purush Kshetra 2.00 FILM 5.00 Aur Ek Minute 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Kenneth Hagen 5.30 Potters House 6.00 Bishop Henry Ferdenandez 6.30 Global Harvest Force 7.00 Jack van Impe Presents 7.30 This is Your Day 8.00 Kids Club 8.30 Feature 9.00 Feature 9.30 Voice of the Covenant 10.00 This Generation 10.30-11.00am In Depth

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 3.19am Ask the IFA 4.15 Bloomberg Money 4.45am Euro '99

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 12noon Parliamentary Coverage 2.00pm Prime Minister's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 5.00 Parliamentary Coverage 11.30-12midnight Straight Talk

THE HISTORY CHANNEL
WORLD PACK

12noon Dreamtime of the Aborigines
12.55pm Photos for the Future
1.00 Project Cancelled
De Havilland Comet
2.00 Biography
Confucius
China's greatest philosopher.
3.00 World War I
Summer of Sarajevo
An account of 1914 to 1918.
3.30 Men in Crisis
De Gaulle vs Pétain
4.00 Secrets of War
Spies in the Sky
5.00 Secrets of War
The Gulf War – Steel Rain
The stories that were not told during Desert Storm.
6.00 Secrets of War
Super Guns
7.00 Biography
Attila the Hun
8.00 Biography
Napoleon Bonaparte
9.00-10.00pm
Pompeii: Buried Alive

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

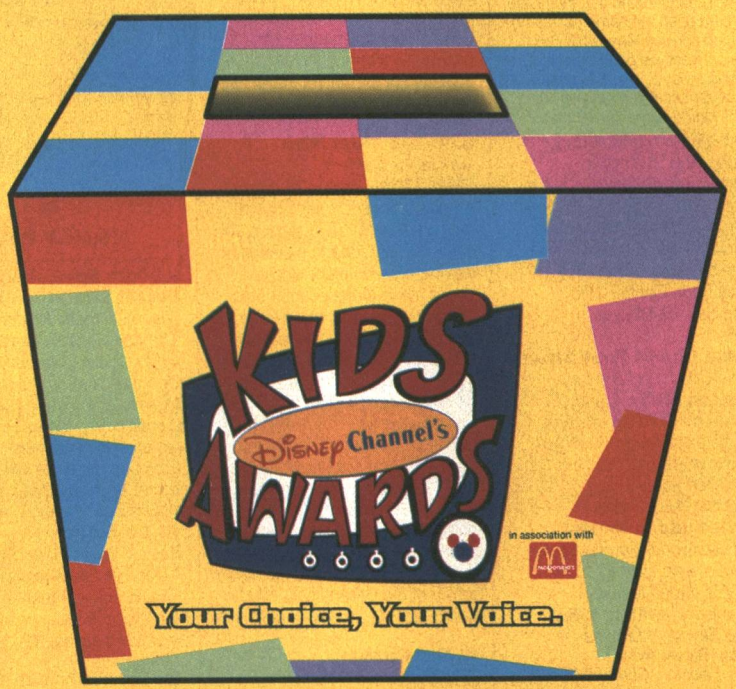
QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Liz Earle's Beauty Regime at 9.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

ONE KID ONE VOTE.

(TWO KIDS TWO VOTES.)



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CUT OUT AND STICK IN WINDOW

Disney Channel's Kids Awards

- Use your vote to select your favourite music, sport and television stars. Your heroes need you.
- Pick up a voting form for the Disney Channel's Kids Awards at McDonald's.
- Or check out the Disney Channel website on: www.disney.co.uk/disneychannel
- The Disney Channel's Kids Awards Roadshow is coming to a town near you. Call 0870 1200140 for details.
- Watch the Disney Channel's Kids Awards Update programme every Friday at 4.25pm.
- Closing dates for entries 16th August 1999. Calls are charged at 10p per minute.

Disney Channel

DISNEY CHANNEL IS AVAILABLE IN THE UK AND IRELAND AS A PREMIUM BONUS CHANNEL, FREE OF CHARGE TO SUBSCRIBERS TO BOTH SKY'S PREMIUM MOVIE CHANNELS. IT IS ALSO AVAILABLE AS A STAND-ALONE PREMIUM CHANNEL FROM PARTICIPATING CABLE OPERATORS. CALL YOUR LOCAL OPERATOR FOR MORE INFORMATION.

Sunday 4 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Directors: The Films of Sydney Pollack
7.00 The Legend of Cryin' Ryan
1998, rating Sky PG, 89 mins
8.35 Michael
Text *1996, rating Sky PG, 101 mins, DS*
10.30 Turbo: Power Rangers
Text *1997, rating Sky PG, 95 mins*
12.30pm Hollywood Buzz
1.00 The Legend of Cryin' Ryan
1998, rating Sky PG, 89 mins
2.35 Michael
John Travolta, Andie MacDowell
When an angel first appears in rural Iowa most people think he is a fake, including Dorothy Winters, a self-proclaimed 'angel expert' who joins up with a pair of jaded journalists to investigate. All three of them are in for a big surprise. Text *1996, rating Sky PG, 101 mins, DS*

4.30
Barry Norman's Film Night
Upbeat news and reviews.
5.00 Turbo: A Power Rangers Movie
Jason David Frank, Johnny Yong Bosch, Nakia Burrise, Catherine Sutherland, Blake Foster
Second movie adventure featuring the high-kicking, all-American super heroes who wage war with the forces of evil – this time against the space pirate Divatox. Text *1997, rating Sky PG, 95 mins*
7.00 George of the Jungle
Brendan Fraser, Leslie Mann, Thomas Haden Church
PREMIERE A clumsy but well-meaning jungle dweller falls in love with a beautiful explorer after rescuing her from a rampaging lion. Text *1997, rating Sky U, 88 mins*
8.30 Feel the Force
Documentary on the release of the new *Star Wars* film.
9.00 The Lost World: Jurassic Park
Jeff Goldblum, Julianne Moore, Pete Postlethwaite, Arliss Howard, Richard Attenborough
A second island is discovered, off the coast of Costa Rica, where even more dinosaurs are roaming around within a self-contained eco-system. Scientists head out to investigate – and so do the mercenaries. Text *1997, rating Sky PG, DS, 123 mins*
11.10 The Fan
Robert De Niro, Wesley Snipes
Thriller about a crazed baseball fan who is prepared to do anything for his team's latest signing – including murder. Text *1996, rating Sky 15, 117 mins*
1.15am Outrage
Rob Lowe, Jennifer Grey
Text *1997, rating Sky 15, 84 mins*
2.45 Wilde
Stephen Fry, Vanessa Redgrave
Text *1997, rating Sky 15, 112 mins*
4.40-5.40am The Directors: The Films of Sydney Pollack

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Vegas Vacation
Chevy Chase, Beverly D'Angelo
Text *1997, rating Sky PG, 91 mins*
8.00 The Bears and I
Patrick Wayne, Andrew Duggan
1974, rating Sky PG, 85 mins
10.00 Gone Fishin'
Joe Pesci, Danny Glover
Text *1997, rating Sky PG, 90 mins*
12noon Family Blessings
1996, rating Sky U, 82 mins
2.00pm Vegas Vacation
Chevy Chase, Beverly D'Angelo, Randy Quaid, Ethan Embry
The Griswalds are back. This time they are planning the perfect holiday to the bright lights and glittering attractions of Las Vegas. Text *1997, rating Sky PG, 91 mins*

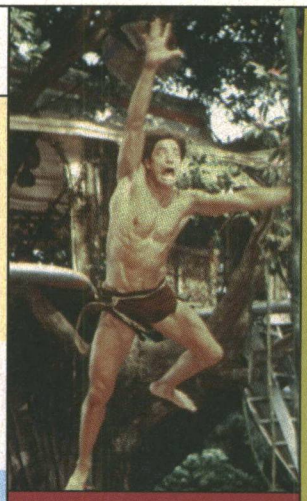
4.00
The Bears and I
Patrick Wayne, Andrew Duggan, Michael Ansara, Val DeVargas, Hal Baylor, Robert Pine
Drama about a Vietnam veteran, who attempts to ease the mounting tension between Native Americans and a racist white group. Based on a tale by Robert Franklin. *1974, rating Sky PG, 85 mins*
6.00 Gone Fishin'
Joe Pesci, Danny Glover, Rosanna Arquette, Lynn Whitfield, Willie Nelson, Nick Brimble
Comedy about a pair of eager fishermen who set out for a relaxing weekend, only to find that they have stumbled upon the same trail as an escaped convict! Meanwhile, two female detectives on the criminal's trail find a way to use the hapless fishermen to catch their man. Text *1997, rating Sky PG, 90 mins*
8.00 The Untold Story of the World Trade Center Bombing
Peter Gallagher, Art Malik, Ned Eisenberg, Marcia Gay Harden
Drama based on the true story of the bombing of New York's World Trade Center. *1997, rating Sky 15, 90 mins*
9.45
Jackie Chan's First Strike
Jackie Chan, Jackson Lou, Chen Chun Wu, Bill Tung
A Hong Kong Police officer is contracted to recover a stolen nuclear warhead in this martial arts action adventure. Text *1996, rating Sky 12, 80 mins*
11.10 Sudden Impact
Clint Eastwood, Sondra Locke
After a violent incident 'Dirty Harry' is forced to take a compulsory vacation. *1983, rating Sky 18, 112 mins*
1.10am Blown Away
Corey Feldman, Corey Haim
Text *1992, rating Sky 18, 93 mins*
2.50 The Grifters
John Cusack, Anjelica Huston
Text *1990, rating Sky 18, 106 mins*
4.40-5.35am Independent's Day
Independent movie documentary.
1998, rating Sky 15, 54 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am The White Tower
Glenn Ford, Claude Rains
1950, rating Sky U, 92 mins
12.35pm
The Beast from 20,000 Fathoms
Lee Van Cleef, Paul Christian
A test bombing in the ocean leads to the revival of a frozen prehistoric creature which terrorises New York. *1953, rating Sky PG, 76 mins*
2.00 Guadalcanal Diary
Preston Foster, Lloyd Nolan, William Bendix, Richard Conte, Anthony Quinn
War drama, filmed in documentary style, which follows the build-up to and execution of the battle for Guadalcanal during World War II. *1943, rating Sky PG, 90 mins*

4.00 Destroyer
Edward G Robinson, Glenn Ford, Marguerite Chapman
War drama about an ageing welder who returns to the Navy to serve on the destroyer that he had a hand in building. But the ship's crew does not take kindly to his constant search for perfection and he finds himself isolated. *1943, rating Sky PG, 96 mins*
6.00 The War Lover
Steve McQueen, Robert Wagner, Shirley Anne Field, Michael Crawford
A couple of pilots both fall for the same girl in this World War II melodrama. McQueen is a headstrong commander who proves his worth in several spectacular air battles as well as in the tug of love. *1962, rating Sky PG, 101 mins*
8.00 The Thief Who Came to Dinner
Ryan O'Neal, Jacqueline Bisset
A computer expert becomes a thief and earns the nickname 'the chess burglar' due to his habit of leaving a chess piece and a chess move at the scene of his crimes. His life becomes more complicated, though, when he falls in love with one of his victims. *1973, rating Sky PG, 100 mins*
10.00 The Sheltering Sky
John Malkovich, Debra Winger
Bernardo Bertolucci directs this tale of an American couple who travel to North Africa in the late 1940s, with an opportunistic companion in tow. The travellers soon find themselves face-to-face with disease, death and the harsh reality of the desert itself. *1990, rating Sky 18, 132 mins, DS*

12.20am Paranoiac
Janette Scott, Oliver Reed
Psychological drama.
1963, rating Sky 15, 77 mins
1.45 Joshua Then and Now
James Woods, Gabrielle Lazure
Comedy drama.
1985, rating Sky 15, 113 mins
3.45-5.15am Guadalcanal Diary
1943, rating Sky 12, 90 mins



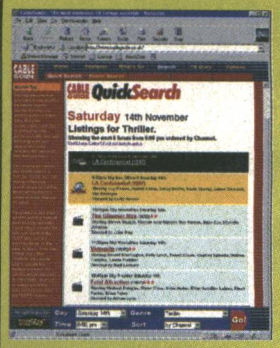
Brendan Fraser has animal magnetism in the premiere of 'George of the Jungle'. Sky Premier 7.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Spymaker: the Secret Life of Ian Fleming
Jason Connery, Kristin Scott Thomas, Joss Ackland, Patricia Hodge, David Warner
Dramatisation of the colourful exploits of the early years of the author of the James Bond novels – including his expulsion from Eton and his employment as a secret agent for British naval intelligence. *1991, 92 mins*
11.00 Bataan
Robert Taylor, Robert Walker
A band of American and Filipino soldiers tries to delay the Japanese in a desperate rearguard action. *1943, 113 mins*
1.00am
The Fearless Vampire Killers
Roman Polanski, Sharon Tate
A bumbling professor and his young assistant go vampire hunting in Transylvania. Widescreen *1967, 103 mins*
3.00-5.00am Spymaker: The Secret Life of Ian Fleming
1991, 92 mins



WANT TO KNOW WHICH JAMES DEAN MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Wild One
Marlon Brando, Mary Murphy, Robert Keith, Lee Marvin
Celebrated Fifties melodrama about the leader of a gang of motorcyclists, called the Black Rebels, who invade a small California town and terrorize the inhabitants. *1953, 76 mins*
7.30 Born to Be Wild
Behind the scenes of the making of *Easy Rider*.
8.00 Five Easy Pieces
Jack Nicholson, Karen Black, Billy Green Bush, Fannie Flagg, Sally Struthers, Lois Smith
Drama about Robert Dupea, a man with a promising career as a concert pianist. He ignores his pressurised past by going to work on an oil rig, until he is forced to comply with his musical family's wishes when he hears that his father is ill. *1970 92 mins*
10.00 Easy Rider
Dennis Hopper, Peter Fonda, Jack Nicholson
Sex, drugs and rock 'n' roll road adventure. Two bikers from LA take off on a cross-country trip to New Orleans for Mardi Gras. On the way they meet several unusual characters which add to the adventure. *1969, 92 mins*
11.40 Watermelon Woman
Cheryl Dunye, Valarie Walker
Documentary. *1997, 80 mins*
1.05am Greetings from Africa
A look at lesbian dating rituals.
1.15 Dance with a Stranger
Drama. *1985, 96 mins*
2.55 England's Glory
The making of *Sid and Nancy*.
3.25-6.00am Sid and Nancy
Punk rock drama. *1986, 109 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Romantic tale which takes a look at the 'what ifs' in life, following the different paths of a woman's life after she misses, and doesn't miss, her train. Stars Gwyneth Paltrow. *1998, rating Sky 15, 95 mins*
PLAYS AT 6.00am, 8.00am, 10.00am, 12.00noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 3
Channel 53
GODZILLA
One of the biggest special effects movies of the decade. The mutant result of French nuclear testing, the big green monster decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick. *1998, rating Sky PG, 133 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am, 3.30am

Sky Box Office 4
Channel 54
MIMIC
A scientist develops a breed of bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a couple of kids bring her a strange insect that they have found, she realises the insects did not die; they evolved. Stars Mira Sorvino. *1997, rating Sky 15, 101 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Garfield and Friends 7.30 Superhuman Samurai Syber Squad 8.00 Grimmy 8.30 Tattooed Teenage Alien Fighters from Beverly Hills 9.00 WWF – Superstars 10.00 The Simpsons 10.30 The Simpsons 11.00 The Simpsons 11.30 The Simpsons 12noon The Simpsons 12.30pm The Simpsons 1.00 Seventh Heaven 2.00 Beverly Hills, 90210

3.00 V.I.P.
Val the Hard Way
The V.I.P. team is sent to Las Vegas to pose as a gang of female thieves hired to steal a valuable cache of platinum.

4.00 Star Trek: Deep Space Nine
Starship Down
A battle with the Jem'Hadar leaves the *Defiant* trapped and the crew in danger. Text

5.00 Star Trek: Voyager
Basics – Part II
Sci-fi adventure. With *Voyager* in the hands of the Kazon, Janeway must find some way to retrieve her ship.

6.00 The Simpsons
The City of New York Versus Homer Simpson Text

6.30 The Simpsons
Monty Can't Buy Me Love
Burns tries to win adoration. Text

7.00 The PJs
NEW SERIES A satirical look at the hidden pleasures of life in a big city housing project.

7.30 King of the Hill
Three Coaches and a Bobby

8.00 Crusade
NEW SERIES Spin-off from *Babylon 5*. A plague has been released. There is no time to find a cure, but somewhere, deep in space, there is hope.

9.00 The X-Files
The Unnatural
Mulder investigates an alien who loves baseball so much he has broken intergalactic rules to play in the Negro Leagues.

10.00 Basic Instincts
The Mating Game NEW SERIES

10.30 The Serial Killers
Unique interviews with some of the most notorious serial killers, filmed inside their prison cells.

11.00 Highlander: The Series
They Also Serve
MacLeod must deal with an Immortal with insider knowledge on the lives of other Immortals.

12midnight LAPD
Hard-edged series about the day-to-day activities of the LAPD.

12.30am LAPD

1.00 Strange Luck
A run of luck – good and bad – begins when Chance Harper is the sole survivor of an aeroplane crash. Text

2.00-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
7.25 Angels
7.55 Angels
8.25 Blake's Seven
9.25
Dr Who and the Ribos Operation
11.20 Dallas Omnibus
1.10pm FILM: Genevieve
John Gregson, Dinah Sheridan
Two couples challenge one another to a race during the annual London-to-Brighton car rally. *1953*

3.00 The Bill Omnibus
Loxton is on the trail of a ring of car thieves, while Hollis's one man public relations drive yields an unexpected result. Meanwhile, a woman's body is found and Haines uncovers some unexpected and painful secrets in the victim's past.

5.25 Ask the Family
General knowledge quiz show presented by Alan Titchmarsh.

6.00 HeartBeat
Keep on Running
Kate is upset when Nick is offered a promotion and the couple's problems are not helped when he is arrested in London.

7.05 The Good Life
Suit Yourself
The Goods decide to try making their own clothes.

7.45 Keeping Up Appearances
Hyacinth's social standing at a church function is jeopardised.

8.25 Porridge
A Storm in a Teacup
Fletcher's in hot water when he finds some stolen pills.

9.05 The Thin Blue Line
Alternative Culture
The women have to share the men's locker room.

9.45 The Thin Blue Line
Come on You Blues
Grim looks forward to tackling some football hooligans.

10.25 Hamish Macbeth
The Honourable Policeman
Tongues wag when the local laird returns from holiday with a glamorous fiancée.

11.30 NYPD Blue
Personal Foul
Kelly is forced to arrest a close friend after a death on the basketball court.

12.30am Whatever Happened to the Likely Lads?

1.05 Ruby Wax Meets... Roseanne
Ruby visits the queen of American sitcom at her home.

1.40 Dad's Army

2.15 Colin's Sandwich

3.00-7.00am Screenshop

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole
7.00 Tiny Living
9.00 The Heat is On
9.30 Can't Cook, Won't Cook
10.00 Roseanne
10.30 Brookside
12.30pm FILM: Miracle Child
Crystal Bernard, Cloris Leachman
Family drama about a spinster who finds a baby girl on her porch. *1993*
2.20 FILM: Emma's Wish
Joanna Kerns, Della Reese, Harley Jane Kozak
Drama about a 75-year-old woman who tries to rebuild the relationship she once enjoyed with her only daughter. Dressing for a birthday dinner at her retirement home, the woman rediscovers a treasured ring that grants any wish to the person wearing it. The next day, she finds that she is 35 years younger, and sets out to mend fences with her daughter, posing as her nanny. *1998*

5.00 Mrs Greenthumbs
Gardening tips presented by down-to-earth stand-up comedian Cassandra Danz.

6.00 Special Babies
Documentary series on babies born with special needs, their parents, and the medical staff who care for them.

7.00 Rescue 911
William Shatner hosts the series which features the stories of real-life rescues by the American emergency services.

8.00 Change of Heart
A dating show with a difference hosted by Chris Jagger.

8.30 The Dating Game
Guests must choose between looks and personality.

9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in some lively and often heated debate about their relationship issues.

10.45 Entertainment Now!
The latest gossip, lifestyles and showbiz news.

11.00-12midnight Sex Life Down Under
Exploring all the issues relating to sex including relationships, contraception, teen sex and physical attraction.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Dempsey & Makepeace
7.00 Plus on Plus
7.30 Beadle's About
8.00 A Fine Romance
8.30 Supersonic
9.00 Dempsey & Makepeace
10.00 On Style
11.00 The Saint
12noon The Love Boat
1.00pm Poirot
2.00 Return to Eden
Mini drama series.

3.00 Classic Coronation Street
Hilda Ogden tries to hide the fact that Stan painted the yellow no car-parking lines and Chalkie ventures to Mrs Kirby's, only to find she has a lodger. A protest meeting is organised against the disco and Suzie wants to leave Elsie's after getting a phone call from London but Elsie persuades her to stay. Meanwhile a man arrives who turns out to be Suzie's husband.

5.30 Time After Time
Just out of Wormwood Scrubs, Kenny wants to go straight – but will it be a struggle?

6.00 The Benny Hill Show
Benny Hill plays it up in a series of sketches, featuring a host of quirky characters, guest stars and a bevy of beauties.

7.00 Poirot
The Theft of the Royal Ruby
A classic adventure for Agatha Christie's celebrated Belgian detective, Hercule Poirot.

8.00 Return to Eden
Mini drama series. Stephanie survives the attack on her life, only to be faced with another battle on the business front.

9.00 The Knock
All-action thriller series. The customs and excise team uncovers a child pornography ring. Stars Malcolm Storry.

10.00-11.00pm The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Presented by Jeff Stone, Paul Johnston and Wayne Kershaw.

11.30 Pro-Superbike
Action-packed programme presented by Chris Carter.

12midnight Through the Gears
Topical international motoring and bike sport magazine show.

12.30am 4 Wheels
A look at classic and sports cars, as well as invaluable car buying tips.

1.00 Biker's Night Off
Zany quiz show for bikers.

1.30-2.00am Motor Week
Weekly look at the motoring industry.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 Winnie the Pooh 7.00 101 Dalmatians 7.20 The Little Mermaid 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs 1.30 FILM: Herbie Goes Bananas Comedy. *1980*

3.00 The Little Mermaid
Ariel and her friends get into some underwater scrapes. Text

3.30 Goof Troop
The superstar's gone mad in his own cartoon series. Text

4.00 101 Dalmatians
Canine capers and doggy deeds make for frantic fun. Text

4.30 Hercules: The TV Show
Hercules and the Visit from Zeus

5.00 Crash Zone
Truth Hurts
Pi and Bec design a game called 'Boyfriends'. Text

5.30 Teen Angel
Sings Like an Angel Text

6.00 Smart Guy Text

6.30 Boy Meets World
What I Meant to Say
When Cory shares his feelings with Topanga, his honesty makes her think twice. Text

7.00 FILM: Toy Story
Voice of Tom Hanks, Tim Allen
Family animation. Woody and Buzz Lightyear vie for the attention of Andy in this all-action animated smash hit. *1995*

8.20 Honey, I Shrunk the Kids: TV Show
Honey, I'm Haunted
Comedy series based on the film of the same name. Nick befriends a ghost. Text

9.05 Double Dinosaurs
Prehistoric sitcom with the huge and huggable dinosaurs. Based on an idea by *The Muppets* creator Jim Henson and using state-of-the-art puppetry. Text

10.00 Home Improvement

10.30 The Wonder Years

11.00 Touched by an Angel

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

George of the Jungle
Sky Premier 7.00pm

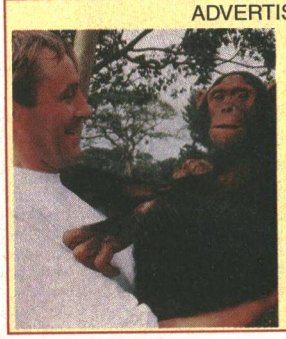
A hugely entertaining, unashamedly silly riff on the Tarzan story, this premiere provides Brendan Fraser with ample opportunity to showcase his flair for physical comedy, a side to his talent he hasn't really indulged since his early fish-out-of-water comedy *California Man*.

GENERAL

The PJs
Sky One 7.00pm

This new, irreverent animated comedy series features the vocal talents of Eddie Murphy as Thurgood 'Goody' Stubbs, an irascible superintendent of a city housing project. A combination of computer and stop-motion techniques help bring the foam characters to life.

ADVERTISEMENT UK HORIZONS



CHIMPANZEE CHALLENGE 8.00PM
Actor Nicholas Lyndhurst volunteers to help return a group of 15 orphaned and abused chimpanzees to their natural habitat. Finding himself on a paradise island in the middle of Uganda's Lake Victoria, Lyndhurst has to adapt to some very unfamiliar surroundings.

Sunday 4 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Sailing
8.00 Athletics
9.30 Motorcycling – LIVE
British Grand Prix warm-up.
10.30 Motorcycling – LIVE
Coverage from the British Grand Prix.
11.00 Motorcycling – LIVE
Coverage from the British Grand Prix, part of the World Championship, at Donington Park.

3.00 PM
3.00 Cycling – LIVE
Coverage of the 86th Tour de France. The action today is from the first stage of the race as cyclists make their way over the 209km from Montaigu to Challans.
4.30 Cycling
Highlights from the 209km first stage of the Tour de France as cyclists make their way from Montaigu to Challans.

5.00 PM
5.30 Motorcycling
Repeated action from the World Championship British Grand Prix at Donington Park.

6.00 PM
7.00 NASCAR
Coverage of the Winston Cup Series from Sears Point, USA.

8.00 PM
8.00 Cycling
Highlights from the 209km first stage of the Tour de France as cyclists make their way from Montaigu to Challans.

9.00 PM
10.00 SportsCentre Sunday's Special Edition
10.15 Boxing
Coverage of an international contest.

11.00 PM
11.15-12.30am Motorcycling
Highlights from the British Grand Prix, part of the World Championship, at Donington Park.

12.00

NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

6.00am
Australian Rules Football
8.00 Aerobics Oz Style
8.30 Euro Tour Golf: Murphy's Irish Open
10.30
Cricket: England v New Zealand 1st Test – LIVE
David Gower presents live ball-by-ball coverage from the penultimate day's play in the first Cornhill Insurance Test match between England and New Zealand. The commentary team includes Ian Botham, Bob Willis and David Lloyd.

6.30pm
Extreme Sailing
Breathtaking sailing action from around the world.

7.00 Gillette World Sport Special
Sports magazine hosted by David Jensen.
7.30
Super League – LIVE
Coverage from the JJB Sports Super League as two teams go head-to-head in the search for valuable league points. Rugby league stalwarts Eddie Hemmings and Mike Stephenson will provide expert analysis.
9.30 Cricket: England v New Zealand 1st Test
Highlights of the fourth day's play in the first Cornhill Insurance Test match between England and New Zealand from Edgbaston in Birmingham.
11.00 Euro Tour Golf: Murphy's Irish Open
The crucial final day's play at the Druids Glen golf course in Dublin.

1.00am Super League
Action from a JJB Sports Super League game.
3.00-4.30am
Cricket: England v New Zealand 1st Test
Highlights of the day's test.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World
7.00 Aerobics Oz Style
7.30 Moto-Plus
8.00 Max Power
9.00 Soccer Extra: February Review
12noon Sports Auction: Golf Memorabilia Auction Preview
12.30pm
International Football: Girls' International – England v Scotland and Boys' Under-16 – England v Argentina – LIVE
Coverage from the girls' international match between England and Scotland. There is also a chance to spot potential Premiership stars of the future in the under-16 boys' international between England and Argentina.

5.30 Copa America Football: Brazil v Mexico and Chile v Venezuela
Action from the South American football spectacular as Brazil take on Mexico and Chile play Venezuela.

7.30 Copa America Football: Uruguay v Ecuador and Argentina v Columbia – LIVE
Coverage from Uruguay against Ecuador and Argentina versus Colombia. Whatever the outcome, super skills and spectacular goals will be in abundance as the four teams look for a place in the quarter-finals of the prestigious Copa America.

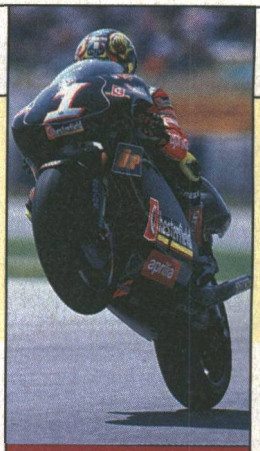
12.30am-2.00am Motorcycling: Great Britain Grand Prix
Action from the British Motorcycle Grand Prix at Donington Park.

SKY SPORTS 3
PREMIUM CHANNEL

9.00am Major League Baseball: New York Mets v Atlanta Braves
12noon Motor Racing: Legends Cars
Action from Brands Hatch.
12.30pm Ford Golf USA: Motorola Western Open
Coverage of the third day.
2.30 Euro Tour Golf: Murphy's Irish Open – LIVE
Live action from the fourth and final day's play in the Murphy's Irish Open. Europe's top golfers will be out today to try and win this event, which was won by a record ten shots last year by David Carter last year.

6.00 Sports Auction: Golf Memorabilia Auction Preview
6.30
Motor Cycling: Great Britain Grand Prix
Action from the British Motorcycle Grand Prix at Donington Park, where early season leaders Alex Criville and Kenny Roberts Jnr will be battling it out.
8.00 Ford Golf USA: Motorola Western Open – LIVE
Coverage from day four of the Motorola Western Open. America's top golfers will be competing at the Cog Hill Golf and Country Club for a share of the $2.5 million purse.

11.00
Extreme Sailing
Daring seafarers.
11.30-12midnight
Motor Racing: Legends Cars



Max Biaggi hopes to keep up with his rivals in the British Grand Prix at Donington. Eurosport from 9.30am – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30 Red Legends
Looking back at a legend.
7.00
Super Match: Vintage Reds – Manchester United v West Ham
Classic action from the 1977/78 season.
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match: Premier Classic – Manchester United v Middlesbrough
The Reds take on Bryan Robson's Boro.
9.30 Red Hot Update
9.35 Super Match: Premier Classic – Manchester United v Middlesbrough
Classic clash from 1997.
10.30 Red Hot News
10.45
Super Match Shorts
11.00
Best of Ray's Round
11.30-12midnight
Best of Did You See...?
The best of all the action.

SCI-FI
ACTION PACK

7.30am Buck Rogers in the 25th Century
8.30 Time Trax
10.00 The Six Million Dollar Man
11.00 Project UFO
12noon FILM: 20 Million Miles to Earth
William Hopper, Joan Taylor
Sci-fi drama. *1957*
1.35pm
The Ray Bradbury Theatre
2.00 Mystery Science Theatre 3000

3.45
Sci-Focus Special
A look behind the scenes of a recent blockbuster movie.
4.00 Time Trax
A Close Encounter
Darien helps an extraterrestrial find his mate, who was left behind on Earth.
5.00 The Cape
Mir Mir off the Wall
Tamara prepares for her mission aboard Mir, but a break in communications worries NASA.
6.00 Project UFO
The Incident of the Cliffs
A young woman sees four UFOs and captures them on film as evidence for Project Blue Book.
7.00 Max Headroom
The Blanks
The Metro Cops begin to round up the 'blanks' – people who have no computer records.
8.00 PSI Factor – Chronicles of the Paranormal
All Hallows Eve
The OSIR team investigates a series of murders.
9.00 Space Precinct
Protect and Survive
Lt. Brogan decides it's time for a change and moves with his family to an orbiting space suburb.
10.00 The Net
Y2K: Total System Failure
The Praetorians trigger the Millennium Bug in an effort to create havoc with the world's computers.
11.00
Welcome to Paradox
The News from D Street
A clerk goes missing and the inquiry agent stumbles into a virtual reality mystery.
12midnight The Crow: Stairway to Heaven
Voices
1.00am Buck Rogers in the 25th Century
Testimony of a Traitor
2.00
The Six Million Dollar Man
3.00-4.00am Dark Shadows

LIVE BRITISH GRAND PRIX EUROSPORT 11.00AM

The 500cc championship is wide open this season as defending champion Mick Doohan is recovering from injury. Kenny Roberts Jr has been one of those riders to take advantage of Doohan's absence. The American has already won two Grand Prix and would love to make it a hat-trickat Donington Park. Standing in his way is the Spaniard Alex Criville, who is currently top of the rankings after his win at the Spanish Grand Prix in front of an enthralled home crowd, and also the Italian Max Biaggi.

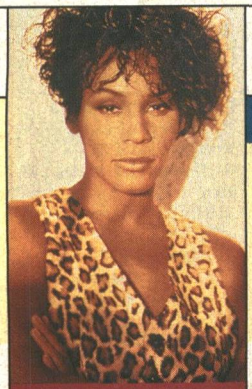
ITV2
ACCESS PACK

9.25am
This Morning – This Week
11.00 Emmerdale Omnibus
This week's episodes.
12.20pm
CITV2: The Wombles
Animated adventures.
12.30 Sherlock Holmes in the 22nd Century
Animated sci-fi adventure.
12.55 Brilliant Creatures
Amazing animals, including the world's biggest vulture, pigs, and cockroaches.
1.15 Pump it Up
Contenders tackle an enormous, strength-sapping inflatable assault course.
1.40 Wildthing
2.05 Coronation Street
Omnibus.
3.55 Sport in Action
4.00 CD UK
The music chart show with live acts in the studio, bands on the road, and US Heatseekers from across the Atlantic.
5.00 Party in the Park
Highlights from the party.
12midnight
Always and Everyone
1.00am-2.00am
This Morning – This Week
Highlights from this week's editions of the morning magazine, presented by Richard Madeley and Judy Finnigan. Featuring celebrity guests, fashion, food, music, human interest stories and consumer advice.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Viewers' Wives
12.20
FILM: Naked Ambition
1.30 FILM: The Devil in Miss Jones 5
2.40 FILM: Bat Babe
3.50-4.00am Suzie Sleaze

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



The pop diva bares her soul in 'VH1 to 1: Whitney Houston'. VH1 3.30pm, 11.30pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30
The Games Room
6.40 Candid Camera
7.15
The Games Room
7.25 Roll with It!
With Keith Chegwin.
7.55
The Crystal Maze
A series of mental and physical challenges, taking the team through four different zones, the aim of which is to win as many crystals as possible.
9.00
Stars in Their Eyes
Entertainment show hosted by Matthew Kelly.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The stars of the entertainment world are caught unawares in embarrassing situations.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Second Guess 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Proposals 10.00 Bangers & Smash 10.30 Mis-Match of the Day 11.00 Boys' Toys 11.30 Lie Detector 12noon Fashion Show 12.30pm No Tomorrow 1.00 Agony 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
4.30 Judge Judy
More domestic disputes are taken to the courtroom and adjudicated by Judge Judy Sheindlin, who takes no nonsense.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
No Tomorrow
Apocalyptic last wishes.
7.00
The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00
Bangers and Smash
Stock car racing action.
8.30
Mis-Match of the Day
Celebrity football challenge.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets available for consumers.
9.30 No Tomorrow
Apocalyptic last wishes.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults-only entertainment.
11.30
Strip Masterbrain
11.45 Painted Ladies
12midnight Compromising Situations 12.30am Private Dancer 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.15 Painted Ladies 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network Daily 9.30 Coxon's Kitchen College 10.00 Caribbean Light 10.30 Food for Thought 11.00 Tastes of Britain 11.30 Ross on the Range 12noon Network Daily 12.30pm Aldo and Friends 1.00 United Tastes of America 1.30 A to Z of Food and Beauty 2.00 Taste of the Times 2.30 Food Network Daily 3.00 Superchefs
Alex Mackay v Andrew Nutter
3.30 Loyd's Louisiana 4.00 Red Hot 'n' Smokin' 4.30-5.00pm Simply Baking
Teabreds

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Regional Food in America
5.30 Get Smart
The Spirit is Willing
Starring Don Adams.
6.00 I Spy
Little Boy Lost
Adventure series. A young boy becomes the subject of a frantic search by Kelly Robinson.
7.00 The Upper Hand
Business and Pleasure
7.30 Goodnight Sweetheart
Just One More Chance
Time-travelling sitcom.
8.00 A Woman of Substance
Fourth part of this romantic drama based on the best-selling novel by Barbara Taylor Bradford.
9.00 Melissa
Part five of Alan Bleasdale's murder mystery about a widowed war correspondent who meets the wrong girl.
10.00 Ruth Rendell Mystery: No More Dying Then
Inspector Reg Wexford returns to solve another gruesome mystery.
11.00
Hill Street Blues
Cranky Streets
Police drama. Tempers flare and everyone on the Hill is on edge.
12midnight I Spy
Little Boy Lost
Starring Bill Cosby.
1.00am-2.00am
Soldier, Soldier
Saving Face
A diplomatic scandal threatens to break.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Quality Time
2.00 Lassie
Wild Goose Chase
2.30 Lassie
The Tale of the Noisy Ghost
Children's drama series about a heroic canine.
3.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets in practice.
3.30 Animal Doctor
Cases of animal cruelty.
4.00
Breed All About It
Bull Terrier
4.30
Breed All About It
Cardigan Welsh Corgi
5.00 All Bird TV
Florida Wading Birds
5.30 All Bird TV
Songbirds
A look at the relationship between man and bird.
6.00 Judge Wapner's Animal Court
Featuring a case about a lost black labrador.
6.30 Judge Wapner's Animal Court
7.00 Wild at Heart
Mark van Roosmalen and the Woolly Monkeys
NEW SERIES
7.30 Wild at Heart
The Owls of Sweden
8.00
Drawn to Wildlife
NEW A profile of wildlife artist Gary Hodges, also featuring conservationist Rula Lenska.
9.00 Wild Thing
NEW SERIES With animal handler Trevor Smith.
9.30 Wild Thing
Trevor works on two pop videos.
10.00
The Savage Season
A visit to the remote edge of the great Kalahari desert in northern Botswana.
11.00
Emergency Vets
The work of a busy veterinary practice.
11.30-12midnight
Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Extinction Files 8.05 Crash 9.05 Crusades 10.00 Crusades 11.00 Accounts of a Forgotten Army 12noon Your Life in Their Hands 1.00pm Joy Adamson – Born Wild? 2.00 Crocodile: A Wildlife Special
3.00 The Private Life of Plants
Growing
David Attenborough's insight into the incredible world of plants.
4.00
Great White Shark
The True Story of Jaws
David Attenborough looks at great white sharks in their natural environment.
5.00 Rolf's Amazing World of Animals
Family entertainment show with Rolf Harris.
5.30 Zoo's Company
Urban Gorillas
6.00 Tomorrow's World Plus
Peter Snow and Philippa Forrester present the show about the future of science and technology.
7.00 Dream House
Presented by Carol Vorderman.
7.30
Meet the Ancestors
Warrior
8.00 Chimpanzee Challenge with Nicholas Lyndhurst
Nicholas Lyndhurst helps return a group of captive chimpanzees to the wild.
9.00 Full Circle with Michael Palin
Vietnam and the Philippines
Michael Palin circles the Pacific Rim.
10.00 Jailbirds
Through the Gates
Life behind bars.
10.30
Back to the Floor
Top Dogs
11.00 Hollywood Kids
Children of the Rich and Famous
12midnight UFO Diaries 12.30am-1.00am UFO Diaries

UK PLAY: 1.00am Lucas and Walliams in Rock Profile 1.30 Mark and Lard's Pop Upstairs Downstairs 2.00 Flatmates 2.30 The Chris Moyles Show 3.00 Jamie Theakston's Pick 'n' Mix 3.30 Funny Noise 3.45 The Phone Zone 5.30 The Sound of Play 6.00-7.00am Funny Noise

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden 7.00 View 7.50 Passions 8.00 Pet Show 8.30 Indoor Garden 9.00 Montel Williams 10.00 Portrait 10.50 Passions 11.00 Style Guide 11.30 Gardeners' Diary 12noon Rosemary Conley 12.30pm Gorgeous Gardens 1.00 Choice Homes with Style 1.30 Velvet Ropes 2.00 View
3.00 The Pet Show
Pet advice from Britain's top veterinary experts.
3.30 Cook's Garden
Presented by Toby Buckland.
4.00 The Montel Williams Show
Which Man Is the Father?
Award-winning US chat show hosted by Montel Williams.
5.00-6.00pm
Intimate Portrait
Mae West
A look at one of the sexual icons of the 20th century.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Croc People
An insight into the people who spend their lives with crocodiles in their back gardens or in the wild.
8.00 Water Wolves
A visit to South Africa where these ancient reptiles are revealed to be social animals.
9.00
The Waiting Game
With Matthew Aeberhard.
9.30 Kimberley's Sea Crocodiles
10.00 Alligator!
Explore the alligator's amazing adaptability to its environment and the problems affecting its continued survival.
11.00
In Wildest Africa
Capturing a huge cast of wildlife to play out one of this planet's most interesting dramas.
12midnight-1.00am Explorer
This episode looks at UFOs and the secrets of mummification.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 FILM: Allyson is Watching
Adult feature.
11.30 Adult Stars Close-Up 12midnight Freeview 12.10am Filthy First Timers 12.35 Fräulein Debutantes 12.50 Andy Cam 1.15 FILM: The Corner
Adult feature.
2.35 FILM: ..... Island 3.50-4.00am Strip: Cassie

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Boys 'R' Us Weekend 10.00 Hit List UK
With Cat Deeley.
12noon
Essential Robbie Williams
An in-depth documentary on the ex-Take That star.
12.30pm Stylissimo! 1.00 Total Request 2.00 Boys 'R' Us Weekend
A special programme taking a look at the new breed of boy bands.
3.30 UK Singled Out 4.00 Select MTV 6.00 Boys 'R' Us Weekend 6.30 Ultrasound – Revenge of the Boybands 7.00 Boys 'R' Us Weekend 10.30 MTV Live – Boybands Special 11.00 brand:new
Top music and news presented by Zane Lowe.
12midnight The Late Lick
Trevor Nelson with another helping of laid-back tunes and news from the R&B scene.
1.00am-6.00am Night Videos
Music through the night.

VH1
MUSIC & GAMES PACK

6.00am Breakfast 9.00 Pop-Up 10.00 Something for the Weekend 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Ed Sullivan's Rock 'n' Roll Classics 2.00 Clare Grogan US Special 3.00 Talk Music 3.30 VH1 to One: Whitney Houston 4.00 VH1 Divas Live '99 6.30 Divas Weekend 8.00 Album Chart 9.00 Kate & Jono 10.00 Behind the Music 11.00 Around and Around 11.30 VH1 to One: Whitney Houston 12midnight Soul Vibration 2.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Rough Guide to the World's Islands 8.30 How Does Your Garden Grow? 9.30 A Man and His Garden 10.00 Gardening Week 10.30 Travels à la Carte 11.00 Antonio Carluccio's Italian Feast 11.30 Wine World 12noon A Taste of Africa 12.30pm Delia Smith's Summer Collection 1.00 Coast to Coast 1.30 Rough Guide to the World's Islands 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm The Arena 100 3.30 The First, the Last, My Everything 4.00 FILM: Intermezzo
Romantic drama. *1939*
5.15 The Impressionists 5.40 The Impressionists 6.10 Classic Albums
Jimmy Hendrix – Electric Ladyland
7.05 My Way 7.50 Arena People: Frank Sinatra 9.45 Common Pursuit 11.35 Classic Albums 12.30am Reviews You Can Use 1.25-3.00am Common Pursuit

Sunday 4 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00 AM
6.00am Global Gardens 6.30 Drive 7.00 A Weekend's Work 7.30 A Weekend's Work 8.00 This Old House 8.30 This Old House 9.00 Total Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt 10.30 Hometime 11.00 Hometime 11.25 The Home and Leisure House 11.30 The New Yankee Workshop 12noon It's Your Bid 12.30pm Drive 1.00 This Old House 1.30 This Old House 2.00 A River Somewhere 2.30 The Diceman USA 3.00-4.00pm Scrapheap

DISCOVERY
WORLD PACK

3.00 PM
3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
An egotist's adventures.

4.00 PM
4.00pm Super Laser
How the military has begun to realise the potential of the laser, invented in 1960, as a weapon of defence.

5.00 PM
5.00
Extreme Machines
Earth Breakers
Into the bowels of the Earth – mining in the US and fire-fighting in the Chunnel.

6.00 PM
6.00 Ultimate Guide
Whales
Everything you ever wanted to know about whales, and the latest scientific research.

7.00 PM
7.00
The Crocodile Hunter
Outlaws of the Outback
How Australia suffers plague proportion attacks from pests.

8.00 PM
8.00
In Search of Dracula
The legend of Dracula, which has held a fascination for many cultures for centuries.

9.00 PM
9.00 Killer Bees
Documentary looking at the story of African or 'killer' bees, including how they came to migrate to the USA.

10.00 PM
10.00 Flea Zone
The bizarre world of fleas. With improving hygiene, flea circuses died out, until a woman perfected the world's first cat flea circus.

11.00 PM
11.00 The Ultimate Guide to Ants
Into the tiny world of ants, looking at the different roles fulfilled by different groups in their society.

12.00
12midnight
Medical Detectives
The Footpath Murders
Is DNA testing an infallible method for proving culpability?
12.30am
Medical Detectives
Planted Evidence
1.00-2.00am Justice Files
Crime and Prejudice

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby-Doo 2.00 Animaniacs 2.30 The Mask

3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
An egotist's adventures.
4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Ed, Edd 'n' Eddy
5.30
Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Freakazoid!
On-line antics.
6.30 The Flintstones
Prehistoric men behaving badly – but they have big hearts in their loincloths.
7.00 Batman
The animated adventures of the Caped Crusader.
7.30 Superman
Animated adventures of the Man of Steel.
8.00 Captain Planet
8.30-9.00pm
The Real Adventures of Jonny Quest

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Extreme Ghostusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenan & Kel 9.30 Sabrina The Teenage Witch 10.00 Rugrats 10.30 Rugrats 11.00 Doug 11.30 Doug 12noon The Wild Thornberrys 12.30pm The Wild Thornberrys 1.00 The Ren & Stimpy Show 1.30 The Ren & Stimpy Show 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00 Kenan & Kel
Two funky friends and their wild adventures.
3.30 Kenan & Kel
Two funky friends and their wild adventures.
4.00 Sister Sister
Life with Tia and Tamera and their single parents.
4.30 Sister Sister
Life with Tia and Tamera and their single parents.
5.00 Sabrina The Teenage Witch
More teenage sorcery.
5.30 Sabrina The Teenage Witch
Supernatural fun.
6.00 Moesha
6.30-7.00pm Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
The Birthday
Domestic disharmony.
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Just Shoot Me
The Emperor
Maya's outspoken articles get the magazine in trouble.
9.00 Frasier
The Zoo Story
It's time for re-negotiating contracts at KACL.
9.30 Frasier
The Maris Counsellor
10.00 Seinfeld
The Deal
Jerry and Elaine devise rules for their relationship.
10.30 Seinfeld
The Baby Shower
11.00
The Jack Dee Show
The stand-up comic brings sophistication to stand-up.
11.30 Vic Reeves Big Night Out
12midnight
Comedy Network
12.30am The People Vs Jerry Sadowitz
1.00am Morwenna Banks
1.30 In Bed with MeDinner
2.00 Almost Perfect
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am-11.50am
Dennis and Gnasher
A feast of fun with the Beano boys including new episodes *Scull and Crossbones*, in which Dennis and Gnasher fight pirates, *Gorilla Warfare* and *Monster Menace*.
11.50 Oggy and the Cockroaches or Home to Rent
Viewers decide.
1.55pm The Incredible Hulk
2.20 Iron Man
2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30
Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Eerie Indiana: The Other Dimension
The town where anything can happen!
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
5.30 Ace Ventura
The hilarious animated adventures of the zany pet detective.
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Shop! Feature
8.30 In the Garden
9.30 Travel Bag
Affordable holiday essentials.
10.00 Home Style
11.00 Do it Yourself
Home improvement tools.
12noon Jewellery Box
Another chance to see the best selling jewellery of the past week.
1.00pm Bargain Shop!
Today's great offers at bargain prices.
1.30 On Screen
Electronic toys for whizkids.
2.30 In the Garden
More professional advice to help you create and enjoy your beautiful garden.
3.00 Sporting Brands
Stylish sportswear on a tight budget.
4.00 Branded!
Casual style from the biggest names in the business.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Home Style
Brighten up your home without spending a fortune with these great ideas.
7.00-8.00pm
Sporting Brands
Stylish sportswear.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 10.30 Science Review 11.00 News 11.10 Dateline 12noon News 12.30pm Face in Crowd 1.00 News 2.30 Seven Days 3.00 News 3.30 Science 4.00 News 4.30 Newsround 5.00 News 7.30 Correspondent 8.00 News 8.30 Seven Days 9.00 News 9.30 Reporters 10.00 News 10.30 Dateline 11.00 News 11.30 USA Direct 12midnight News 12.30am Simpson 1.00 News 2.30 USA Direct 3.00 News 3.30 Face in the Crowd 4.00 News 4.30 Dateline 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Pinnacle 6.30 Business 7.30 Artclub 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Earth Matters 12.30pm Diplomatic License 1.00 World Report 2.30 Inside Europe 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business Unusual 7.30 Inside Europe 8.30 Pinnacle 9.30 Insight 10.30 Sport 11.30 Style 12midnight World Today 12.45am Asia Business 1.30 Science & Technology 3.00 World Today 3.30 Artclub 4.30-5.00am Pinnacle Europe

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 12noon Sky News Today 1.30pm Fashion TV 2.00 Sky News Today 3.30 Book Show 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 Book Show 9.30 Showbiz Weekly 10.00 Sky News at Ten 11.30 Week in Review 12.30am CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fox Files 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Bus 7.00 Journal 7.30 Zone X 8.00 Infos 8.05 Bus 9.00 Journal 9.15 Paradis 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Francofolies 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Jeux Sans Frontière 3.00 Journal 3.15 Questions 3.30 Kiosque 4.00 Infos 4.05 Kiosque 4.30 Questions 5.00 Journal 5.15 L'Histoire en Chantant 7.00 Journal 7.30 Journal 2 8.00 Infos 8.05 Journal 8.15 L'Étape du Jour 9.00 Journal 9.15 Fiction 11.00 Journal 11.30-12midnight Soir 3

3SAT 5.50am 7 Tage 5.55 Zeugen 7.00 Alpenpanorama 8.00 Zeit 8.05 Lyrik 8.15 Brigitte Fassbaender 9.00 George Grosz 9.45 Offen 9.55 David Copperfield 12noon Zeit 12.05pm Wochenschau 12.30 Rückblende 12.45 Murias 1.35 Zum 2.05 Offen 2.10 Trotzkis 3.00 HITEC 3.30 Höllenfahrten 4.15 Tierporträt 4.30 Teletips 5.00 Tagebuch 5.15 Schweiz 6.00 Heute 6.10 Markwort 7.00 Tagesschau 7.15 Im Bannkreis 8.00 Schätze 8.15 Tödliche 9.45 Am Anfang 10.30 Kommissar 11.30-1.00am Dennis Hopper

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Bhakti Sagar 9.00 Viswaas 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.00 Dhur Ki Bani 11.30 Variety 12.30pm Pakistan 1.00 Pakistan Business 1.30 FILM 4.00 BPL Oye 5.00 Eurospice Aainey 6.30 Asianet Aur Aap 7.00 Daal Mein Kala 7.30 Bhai Hamne to Suna Hai 8.00 Main Anari 8.30 FILM 11.30 News 12midnight Main Anari 12.30am Aur Aap 1.00 FILM 4.00 Indipop 4.30 Aainey 5.30 Bhai Hamne to Suna Hai 6.00 Chand Ghazalien 6.30 News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 7.00 Faith 7.30 News 8.00 Namaste India 8.30 Best of India 9.00 Aap Ki Adalat 9.30 Out and About 10.00 Mahabharat 11.00 Tandoori Masala 11.30 Zee Health Show 12noon FILM: Man Mandir 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Dhoop Kinarey 5.30 Super 7 Muqabla 6.30 Adhikar 7.00 Antakshari 8.00 News 8.30 Neeyat 9.00 FILM: Sanam 12midnight News 12.30am Karobari Duniya 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Maun 5.00 Song Yatra 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Chronicles of Revival 5.30 Abundant Life Today 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 Taking Authority 8.00 Winning Ways 8.30 Ray Bevan 9.00 Life is for Living Hillsong 9.30 Charles Stanley 10.30-11.00am This is Your Day

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 3.50am Ask the IFA 4.49 Market Review 5.45am Roundtable

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Scottish Lobby 3.30-12midnight Committees

THE HISTORY CHANNEL
WORLD PACK

12noon Secrets of War
Super Guns
1.00pm Biography
Attila the Hun
2.00 Biography
Napoleon Bonaparte
3.00 Pompeii: Buried Alive
4.00 Warhorse
In the Face of Fire
How sturdy horses and armour were rejected for speed and agility.
5.00 Warhorse
The Last Charge
6.00 Rome – The Ultimate Empire
The glory of Rome at the zenith of its power.
7.00 Vietnam – Special Operations
How special operations functioned during the Vietnam War.
8.00 Biography
Amelia Earhart
9.00-10.00pm
The Lost Treasures of the Alexandria Library

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Gem Mines of the World – Amethyst at 9.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

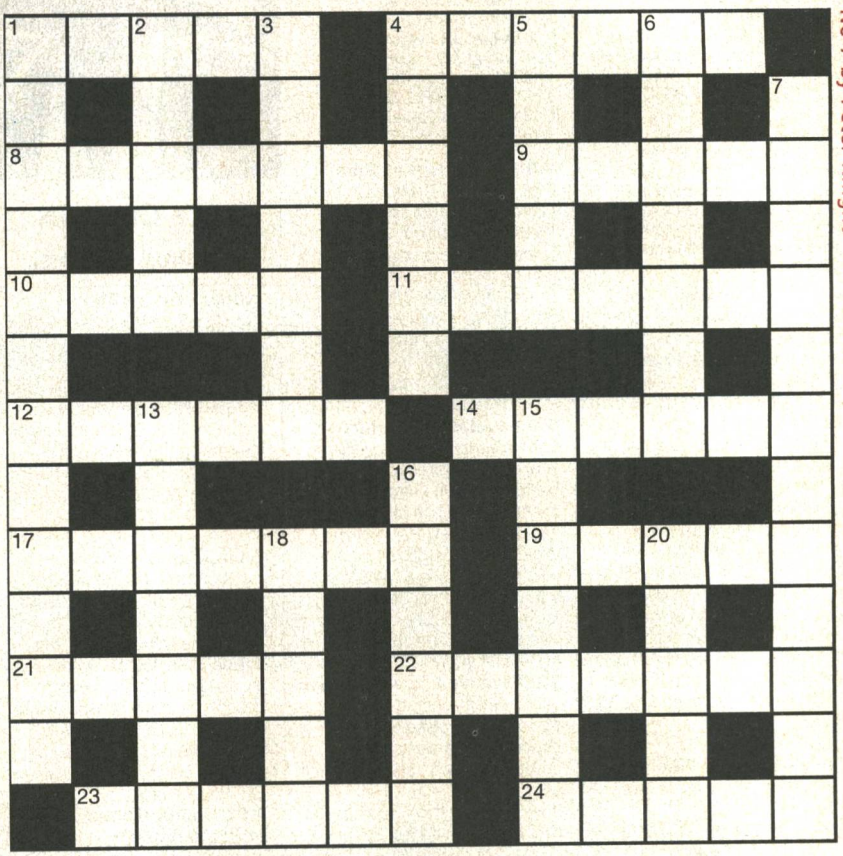
WIN A TV!

SPONSORED BY Challengetv

FOR MORE BRAINTEASERS, TUNE INTO CHALLENGE TV NIGHTLY FROM 5.00PM

Your crossword know-how could win you a fabulous 21in Teletext television! When you've completed the puzzle, send it to us with your name and address by 21 July. The first correct entry drawn wins.

No 7 by Peter Knight



Across

1. Film acting family in a cliff on Dartmoor (5)
4. Cues *ER* to make it fast (6)
8. Subtle bit of play, if sense can be made of it (7)
9. Sergeant created by Phil Silvers (5)
10. Ben's second, or John's first (5)
11. Is the lion-hearted to present *Countdown*? (7)
12. A beginner says No to ITV's crime squad (6)
14. Partition to show on television or in the cinema (6)
17. Goon law could work to one's disadvantage, scoring it (3,4)
19. Where was Albert Finney where the Volcano was concerned? (5)
21. In Jeannie, celebrity showed her sister's daughter (5)
22. Jools comes between Belgium and Germany (7)
23. It connects Coronation and Janet Porter (6)
24. Mr Coogan calls himself Alan (5)

Down

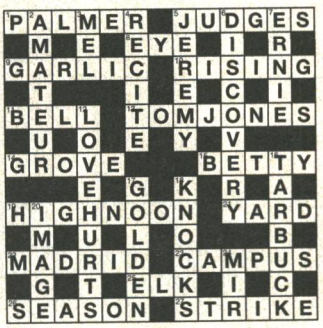
1. William G Stewart presents rugby team to the unit (7,2,3)
2. Nine players? No: ten turn up (5)
3. The poison that went with Old Lace (7)
4. Western mountains, Sir, are different (6)
5. Sort of volume being turned up in Bergerac, I buckle to (5)
6. Let go of a new film for public viewing (7)
7. Capital Select a capital drama series (6,6)
13. Price of being in horror movies for him (7)
15. Links people two by two (7)
16. It's as out-of-date as Queen Mary's toque (3-3)
18. Outside broadcast: see it's adjusted for the over-large (5)
20. Charlie was funny as an Elizabethan admiral (5)

The first correct entry drawn at random wins. There is no cash alternative to the prize. If the prizewinner cannot take up the prize, *Cable Guide* reserves the right to award it to a runner-up. The Editor's decision is final. No employees of *Cable Guide*, Challenge TV or associated companies are eligible to enter.

JUNE SOLUTION

Send completed crosswords (only one per household) to: Prize Crossword No 7, *Cable Guide*, PO Box 2176, London W1A 5TW

● Congratulations to May's TV winner, Mr D Snow of Bromley, Kent,



LOVE STARS BY MARGIE THILLART

3rd Tom Cruise 7th Lisa Rinna
9th Tom Hanks 17th David Hasselhoff
19th Anthony Edwards 25th Matt LeBlanc
26th Sandra Bullock 30th Lisa Kudrow

Sensational ★★★ Stimulating ★★ Satisfactory ★

Cancer
22 June-23 July ★★

SUN in your sign foreshadows new beginnings and happy endings. Reassess goals this month – with a view to letting go of things that no longer serve a purpose. Whatever course you take, the ends will justify the means.

Capricorn
23 December-20 January ★★

WORK-WISE, It's time to re-examine your goals and work out a plan for the future. Romantically, you may think that the grass looks greener on the other side yet true love and happiness could be right under your nose.

Leo
24 July-23 August ★★

A NEW focus for your energy is gradually emerging, allowing you to forget the past and move on. In the second half of the year, approval from others will be less important and your confidence will be likely to soar.

Aquarius
21 January-19 February ★★

YOU COULD be inclined to draw the wrong conclusions or constantly change your mind. And while your impulsive actions may put you offside with loved ones, it's balanced by loving energy in your marriage house.

Virgo
24 August-23 September ★★★

VENUS gives you an inner glow, while Mars imparts extra energy. Ideally, you should exploit the influence you wield over others and use charm to achieve your aims. The air and water signs will bring out the best in you this month.

Pisces
20 February-20 March ★★

YOU reach a turning point during July, with many of you having to make a life-changing decision. Be brutally honest with yourself and others and rest assured that destiny has been working in your favour for months

Libra
24 September-23 October ★★

YOU'LL be inclined to look for excuses this month, rather than bearing responsibility for your own actions. Look inwardly and make an effort to polish up your act. Saturn can be a great teacher, but you must be a willing student.

Aries
21 March-20 April ★★

YOU don't mind helping out, but hate being taken for granted. So rather than letting others manipulate you this month, you'll be more inclined to rebel. Any attempt to break your spirit will be countered by strong resistance.

Scorpio
24 October-22 November ★★

WHILE this is not the month for the faint-hearted, you will thrive on the challenges it presents. Your sign is made of sturdy stuff and the lessons you're about to learn will make you a much stronger and wiser person.

Taurus
21 April-21 May ★

A TENDENCY to take your time will work in your favour this month. As Saturn continues to restrict your movements, it seems progress will be slow and luck against you. Fortunately your innate patience will see you through.

Sagittarius
23 November-22 December ★★

WHAT you need is variety, but what your stars offer is more of the same. A spate of setbacks has frustrated your sign for sometime and it appears your run of bad luck isn't over yet. Bide your time and wait for a change in energy.

Gemini
22 May-21 June ★★

YOU'LL set a cracking pace early in the month, but with Mercury static from the 12th, plans may go awry and you'll be hampered by indecision. The secret to success is good timing, so exploit opportunities while you can.

Monday 5 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
Stop! Or My Mom Will Shoot
1992, rating Sky PG, 83 mins
8.00 Miss Evers' Boys
1997, rating Sky PG, 113 mins
10.00 First Do No Harm
Text *1997, rating Sky PG, 90 mins*
12noon Speed 2: Cruise Control
Sandra Bullock, Jason Patric
Text *1997, rating Sky PG, DS, 120 mins*
2.05pm Miss Evers' Boys
Alfre Woodard, Craig Sheffer
Drama chronicling the scandal of a US government scheme in the 1930s to use black men suffering from syphilis as unknowing guinea pigs for medical experiments. *1997, rating Sky PG, 113 mins*
4.05 Stop! Or My Mom Will Shoot
Sylvester Stallone, Estelle Getty
An LA police sergeant lives a quiet life, on the other side of America from his mother, Tutti. But when Tutti visits and witnesses a murder, he finds himself saddled with a new partner – his mother! *1992, rating Sky PG, 83 mins*
5.55 First Do No Harm
Meryl Streep, Fred Ward
A mother is determined to find a cure for the disease afflicting her son. As his condition deteriorates she realises that conventional medicine cannot help him and takes his treatment into her own hands. Text *1997, rating Sky PG, 90 mins*
7.30
Barry Norman's Film Night
News, reviews and interviews.
8.00
Speed 2: Cruise Control
Sandra Bullock, Jason Patric, Willem Dafoe, Colleen Camp
A cruise ship hurtles towards potential destruction when a disgruntled ex-employee decides to forego an industrial tribunal – in favour of blowing up the boat owned by the company which fired him. Text *1997, rating Sky PG, DS, 120 mins*
10.00 Absolute Power
Clint Eastwood, Gene Hackman
During his final heist, a master thief witnesses a murder at the home of Washington's leading powerbroker – but he can't tell the cops what he has seen as he was trespassing at the time. With the police and the murderer in hot pursuit, he finds himself, and his daughter, in mortal danger. *1997, rating Sky 15, 116 mins*
12.10am Sweet Nothing
Michael Imperioli, Mira Sorvino
1994, rating Sky 18, 85 mins
1.40 Moll Flanders
Robin Wright, Morgan Freeman
Text *1996, rating Sky 12, DS, 118 mins*
3.45-5.05am Blood Diner
Rick Burks, Carl Crew
1987, rating Sky 18, 80 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Action Heroes: Denzel Washington
6.30 Movie Magic: Cities Under Siege
7.00 Heart Full of Rain
1997, rating Sky PG, 87 mins
9.00 Dallas: JR Returns
1996, rating Sky PG, 91 mins
11.00 Married to a Stranger
1997, rating Sky PG, 88 mins
1.00pm Cab to Canada
1998, rating Sky PG, 86 mins
3.00 Heart Full of Rain
Rick Schroder, Richard Crenna, Carroll Baker, Kim Dickens, Wendell Smith, Judy Mahbey
Drama about a prodigal son who returns to the family farm after a six-year absence. But as the family home is threatened by flood waters, can they finally find it in their hearts to forgive their errant son? *1997, rating Sky PG, 87 mins*
5.00 Dallas: JR Returns
Larry Hagman, Patrick Duffy
A ruined JR makes a desperate bid to reclaim the empire snatched from him by long-term rival Cliff Barnes. Using every low-down trick in the book, JR tries to claw his way back to the top and reunite his beloved family – brother Bobby, ex-wife Sue Ellen and son John Ross. *1996, rating Sky PG, 91 mins*
7.00 Married to a Stranger
Jaclyn Smith, Robert Clohessy, Kim Coates, Louise Fletcher
Drama about a woman who develops amnesia after an accident in her home. Her husband must try to woo her all over again and encourage her to return to her family after she awakens thinking she is 16-years-old and unmarried. *1997, rating Sky PG, 88 mins*
9.00 Mars Attacks!
Jack Nicholson, Glenn Close, Pierce Brosnan, Danny DeVito, Annette Bening, Martin Short
Tim Burton's madcap spoof of Fifties alien invasion movies sees a Martian invasion of earth with the bug-eyed aliens destroying everything in their way and wreaking havoc on he defenceless planet. Text *1996, rating Sky 12, DS, 101 mins*
11.00 Twists of Terror
Jennifer Rubin, Francoise Robertson, Nick Mancuso
Thriller comprising three short but chilling tales. *1998, rating Sky 18, 87 mins*
12.30am Dead Presidents
Larenz Tate, Keith David
Crime drama. Text *1995, rating Sky 18, DS, 114 mins*
2.30 Tin Cup
Kevin Costner, Rene Russo
Golfing drama. Text *1996, rating Sky 15, 129 mins*
4.45-6.15am Cab to Canada
1998, rating Sky PG, 86 mins

Ewan McGregor falls for Tara Fitzgerald in the black comedy 'Brassed Off'. FilmFour 10.00pm

SKY CINEMA
PREMIUM CHANNEL

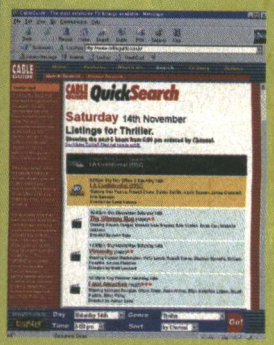
4.00pm Gunga Din
Cary Grant, Douglas Fairbanks Jr, Joan Fontaine, Sam Jaffe, Eduardo Cianelli
In 19th century India, three British soldiers and a native waterbearer must stand alone as they thwart the revival of the murderous Thuggee cult. *1939, rating Sky U, 112 mins*
6.00 Abandon Ship
Tyrone Power, Mai Zetterling, Lloyd Nolan, Moira Lister, Marie Lohr, Finlay Currie
Dramatic adventure about the sinking of an ocean liner and the passengers' fight to get into its lifeboats. A group of over twenty survivors, including an opera singer, take refuge in a life boat made for only nine. *1957, rating Sky PG, 93 mins*
8.00 Cahill: United States Marshal
John Wayne, George Kennedy, Gary Grimes, Neville Brand
Western about JD Cahill, a tough US Marshal who strikes fear into everyone including his own family. When his two boys want to get his attention they decide to rob a bank, but get more than they bargained for. *1973, rating Sky 15, 98 mins*
10.00 Blue Velvet
Kyle MacLachlan, Isabella Rossellini, Dennis Hopper
David Lynch's cult thriller about a young man who delves beneath the perfectly normal outer surface of his small hometown and uncovers a seething nest of corruption, violence and horror – and meets a mysterious, beautiful woman. *1986, rating Sky 18, 115 mins*
12midnight Gunga Din
Cary Grant, Douglas Fairbanks Jr
1939, rating Sky U, 112 mins
2.00
The Secret of the Purple Reef
Jeff Richards, Margia Dean
1960, rating Sky 12, 77 mins
3.25-4.55am The Proud Ones
Robert Ryan, Virginia Mayo
1956, rating Sky PG, 90 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm
The Strawberry Blonde
James Cagney, Olivia de Havilland, Rita Hayworth
A struggling dentist is about to meet a face from the past. Relishing the unexpected prospect of treating the man who stole his girl a decade earlier, he relives the story of his dashed hopes and of his marriage to another woman. *1941, 95 mins*
11.00 The Postman Always Rings Twice
Lana Turner, John Garfield
Classic film noir. A drifter takes a job at a remote roadhouse, where he has an affair with the owner's wife, but it leads to murder. *1946, 109 mins*
1.15am The Safecracker
A safecracker is let out of jail to help with an Allied mission.
1958, 92 mins
3.00-5.00am
The Strawberry Blonde
Romantic comedy drama.
1941, 95 mins



WANT TO KNOW WHICH JOHN WAYNE FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Typically British
Discussion with Stephen Frears (of *My Beautiful Laundrette* and *Dangerous Liaisons*) examining the history of cinema in Britain, and looking at the situation in British movie-making today. Taking part are writer/critic Gavin Lambert and director Alexander Mackendrick (who died shortly after filming was completed).
8.00 The Commitments
Robert Arkins, Michael Aherne, Angeline Ball, Maria Doyle, Johnny Murphy, Glen Hansard
Comedy about the rise and fall of a working class soul band in modern-day Dublin who see music as a way out of their impoverished existence.
1991, 112 mins
10.00 Brassed Off
Ewan McGregor, Pete Postlethwaite, Tara Fitzgerald
Tragi-comedy tracing the fortunes of a colliery brass band in a small village. The local mine has been closed and all that remains is the dole and pride in the band as it makes its way to the championships in London. *1996, 107 mins*
11.45 Unusual Ground Floor Conversion
12.05am Misery
Kathy Bates, James Caan
Thriller. *1990, 103 mins*
1.50 Sibling Rivalry
Kirstie Alley, Jami Gertz
Comedy. *1990, 84 mins*
3.15-6.00am Carrington
Jonathan Pryce, Emma Thompson
Literary biopic. *1994, 117 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Romantic comedy which takes a look at the 'what ifs' in life, following the different paths of a woman's life after she misses, and doesn't miss, her train. Stars Gwyneth Paltrow and John Hannah.
1998, rating Sky 15, 95 mins
PLAYS AT 6.00am, 8.00am, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 3
Channel 53
GODZILLA
One of the biggest special effects movies of the decade. The mutant result of French nuclear testing, the big green monster decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick. *1998, rating Sky PG, 133 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am, 3.30am

Sky Box Office 4
Channel 54
MIMIC
A scientist develops a breed of bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a couple of kids bring her a strange insect that they have found, she realises the insects did not die; they evolved. Stars Mira Sorvino. *1997, rating Sky 15, 101 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You
1.30 Jeopardy
2.00 Sally Jessy Raphael
My Wild Teen Needs Boot Camp

3.00 Jenny Jones
Give Up Your Modelling Dream, Cuz You're No Runway Queen
Guests ask their friends to change their mind about their ambition to be a model.

4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
Sword of Kahless
Kor, Worf and Dax search for a mythical artefact they believe can unite the Klingon Empire. Text

6.00 TBA

6.30 Friends
The One Where Rachel Quits
Joey and Chandler convince Rachel to quit Central Perk. Text

7.00 The Simpsons
The Homer They Fall
Homer becomes a boxer. Text

7.30 The Simpsons
Brother From Another Series
Bob is out of prison. Text

8.00 Star Trek: Voyager
Latent Image
The Doctor realises that his memory has been readjusted – but for what reason and who would have done it? Text

9.00 Brimstone
Poem
A mass 'jailbreak' has unleashed 113 of the most vile souls ever condemned to hell into the unsuspecting land of the living.

10.00 Prickly Heat
A gameshow with a twist which takes elements of traditional television and shakes them into a heady cocktail of documentary, dating game and beach battle.

11.00 Friends
The One Where Rachel Quits
Rachel quits Central Perk. Text

11.30 Star Trek: Deep Space Nine
Sword Of Kahless
Kor, Worf and Dax search for a mythical artefact they believe can unite the Klingon Empire. Text

12.30am The Chris Evans Breakfast Show
1.30 Law and Order
Black Tie
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads
7.25 The House of Eliott
8.25 EastEnders
9.00 The Bill 9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00 All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Care in the Community
An old lady is found dead.

3.25 The Bill
You Don't Always Get What You Want
3.55 EastEnders
It's Mother's Day and Etta is worried about Lloyd's friends.

4.30 Neighbours
A surprise causes problems for Cameron, Brad becomes addicted to radio competitions.

5.00 Dynasty
Suspicions
Blake starts to feel the effects of Rita's fatal dose of poison and Krystle makes two desperate escape attempts.

6.00 Dangerfield
Behind Closed Doors
When he is dragged into a political vendetta, Dangerfield finds that his job is on the line. He also has to confront his past.

7.00 Last of the Summer Wine
Quiet Drink
Comedy from the three old men.

7.40 May to December
Let the Heartaches Begin
Zoe thinks she has found the perfect match for her sister, but Alec is not so sure.

8.20 The Brittas Empire
The leisure centre closes as Brittas investigates theft.

9.00 Casualty
Loco Parentis
It's big match day in Holby, and old rivalries flare up. Meanwhile, a shooting and a student spell trouble for the A&E team.

10.05 Just Good Friends
Mr and Mrs Warrender plan a surprise for Penny's birthday. But Penny and Vince have a surprise of their own.

10.45 Knowing Me, Knowing You ... With Alan Partridge
Alan plays host to a couple of big-shot Hollywood directors.

11.25 The Bill
11.55 The Bill
You Don't Always Get What You Want
12.25am Dad's Army
Absent Friends
Classic sitcom.
1.00 Colin's Sandwich
1.30 Common as Muck
2.30-7.00am Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Can't Cook, Won't Cook 11.55 Maury Povich 12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center NEW SERIES
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme, featuring human interest stories, celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

4.30 Home and Away
Catch up with all the news from Summer Bay.

5.00 Change of Heart
Dating show where partners meet their dream date.

5.30 The Dating Game
Dating show in which guests choose looks or personality.

6.00 The Jerry Springer Show
Outrageous American talk show in which Jerry and his guests engage in lively discussions.

6.50 Fashion Emergency
Makeover show.

7.15 Life, Camera, Action
NEW SERIES Amazing real-life drama caught on camera.

7.40 The Jerry Springer Show
Jerry Springer and his guests engage in lively discussion about relationship issues.

8.30 Ally McBeal
American comedy drama series about a daydreaming young lawyer who is confident in the court room but not when it comes to men.

10.30 Sextasy!
Raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Home to Roost 1.30 Only When I Laugh 2.00 The High Chaparral

3.00 Cagney and Lacey
Witness to an Accident
In this opening episode, the daring duo investigates the death of a patrol man shot by a fellow officer.

4.00 Minder
Gunfight at the OK Laundrette
Classic episode about a group of black militants, who take attendees of a wedding hostage, including Terry.

5.00 Charlie's Angels
Angels on the Run
The husband of singer Sue Cantrell disappears under mysterious circumstances involving stolen diamonds.

6.00 Emmerdale
Will the fireplace at the Mill reveal a gruesome secret?

6.30 Classic Coronation Street
Terry Goodwin assaults Suzie.

7.00 Home to Roost
Front Runner
Henry persuades Matthew to get a vacation job.

7.30 Only When I Laugh
Conduct Unbecoming

8.00 Minder
Gunfight at the OK Laundrette
Classic episode in which a group of black militants take the attendees of a wedding hostage, including Terry.

9.00 Cagney and Lacey
Witness to an Accident
Police drama.

10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Motor Show
Eamonn O'Neal and Nicky Fox have £2,000 in used notes. Who will come up with the best buy?

11.30 Car File
Profile of the Ford Focus.

12midnight 2 Wheels
Weekly biking programme.

12.30am Motor Week
News from the motoring industry, featuring launches and test drives.

1.00 Through the Gears
International motoring and bike sport magazine show.

1.30-2.00am 4 Wheels
Motoring magazine.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Lion King 8.45 Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Dragon 9.30 Big Blue House 9.55 Toothbrush Family 10.00 Bite Size 10.10 Rosie and Jim 10.30 The Big Garage 10.45 PB and J Otter 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Dragon 12.30 Big Blue House 12.55 Toothbrush Family 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures with Ariel and her friends. Text

3.30 Art Attack
Award-winning, innovative art show. Text

4.00 101 Dalmatians
Canine capers. Text

4.30 Hercules: The TV Show
Hercules and the Driving Test
Zeus sabotages Herc's test. Text

5.00 Recess
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Vootle-Muck-a-Heev
Jett's dad proves a handful. Text

6.00 Smart Guy
TJ's a smart kid who jumps into the tenth grade. Text

6.30 Boy Meets World
Brothers
Shawn meets his sibling. Text

7.00 FILM: A Saintly Switch
David Alan Grier, Vivica A. Fox
Comedy about a pro football player who moves to New Orleans to save his career, but is turned into a woman. *1998*

8.25 Honey, I Shrunk the Kids: TV Show
Honey, You've Got Nine Lives
Wayne worries about the ethics of his virtual reality device. Text

9.10 Double Dinosaurs
Prehistoric sitcom with the huge and huggable dinosaurs. Based on an idea by *The Muppets* creator Jim Henson and using state-of-the-art puppetry. Text

10.00 Home Improvement
10.30 The Wonder Years
11.00 Touched by an Angel
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.0 PM
11.0 PM
12.0 TIME

CABLE CHOICE

FILM
Tin Cup
Sky MovieMax 2.30am
A feel-good fairway comedy that's vibrantly alive with engaging situations, *Tin Cup* reunites Costner, as a boozy, washed-up golf pro, with *Bull Durham* director Ron Shelton. It tells of Costner's bid to impress therapist Rene Russo, the girlfriend of his rival, Don Johnson.

GENERAL
Knowing Me, Knowing You ... With Alan Partridge
UK Gold 10.45pm
Steve Coogan's Alan Partridge is arguably the funniest comic creation of the decade. Completely oblivious to his own ineptitude, he has all of the most objectionable characteristics of chat show hosts rolled into one.

ADVERTISEMENT

NEW SERIES

TRAUMA CENTRE
1.45PM
This exciting new series takes you inside the emergency trauma unit as well as the front line with actual patients and doctors. Share the anguish, regrets and triumphs of lives caught in medical crisis.

Monday 5 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

7.30am Olympic Games
8.00 Cycling
10.00 NASCAR
11.00 Karting
12noon Triathlon
Action from the ETU Triathlon Cup Series 1999.
1.00pm Cycling
Action from this year's Tour de France.
2.00 Cycling – LIVE
Action from this year's Tour de France.

4.30 Cycling
Another chance to catch the highlights of the second stage of the Tour de France.
5.30 Athletics – LIVE
Action from the IAAF. Permit meeting in Zagreb, Croatia, one of the country's oldest sporting events.

7.00 YOZ
Youth Only Zone magazine programme.

8.00 Cycling
Highlights from the second stage of the Tour de France from Challans to Saint-Nazaire.

10.00-12.30am Football
Highlights from the semi-finals of the third Women's World Cup held in the US.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Max Power
8.00 Gillette World Sport Special
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Extreme Sailing
10.00 Motor Racing: Legends Cars
10.30 Cricket: England v New Zealand 1st Test – LIVE
Coverage from the final day's play in the first Cornhill Insurance Test match between England and New Zealand. The Edgbaston pitch has provided the host nation with mixed fortunes over the years but Alec Stewart is confident his side can get the perfect start to what is a busy summer of cricketing action. Former England legends David Gower, Ian Botham, Bob Willis and David Lloyd will be in the commentary box.

6.30pm Sky Sports Centre
News from all the latest sporting events.
7.00 Copa America Football: Uruguay v Ecuador and Argentina v Colombia
Today's double-header of action from the Copa America features Uruguay versus Ecuador and Argentina against Colombia.
Repeat from Sky Sports 2

9.00 Sky Sports Centre
Sporting news and views.
9.30 Cricket: England v New Zealand 1st Test
Can England clinch victory in the first Cornhill Insurance Test match against New Zealand? Highlights from the fifth and final day's play at Edgbaston.
11.30 Sky Sports Centre
11.45 Tenpin Bowling: World Tenpin Masters
12.45am V-Max
1.15 Sky Sports Centre
1.30 International Bowls: Second Test Australia v New Zealand
3.30-3.45am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Racing News
8.00 Ford Golf USA: Motorola Western Open
Repeat from Sunday
11.00 Euro Tour Golf: Murphy's Irish Open
Repeat from Sunday
1.00pm Copa America Football: Uruguay v Ecuador and Argentina v Colombia

3.00 Totalsport
The programme that showcases all sides of the sporting world.
3.30 Australian Rules Football
Hard-hitting action from the world of Australian rules football, a unique sport that always produces plenty of excitement.

5.30 Asian Sports Show
Footage from Asia, the Middle East and Arabic-speaking North Africa.
6.00 V-Max
An insight into the world of speed.
6.30 The Winning Post: Newton Abbot/Ripon – LIVE
Jeff Stelling introduces the latest horse racing action from the meetings at Newton Abbott and Ripon.

8.30 World Motor Sport
This programme goes to the heart of the race world and providing an essential guide to who is racing where, when and how. From a comprehensive round-up of the biggest and most exciting meetings, to a preview of the major events in store, this programme has the lot. Hit the road with some of the fastest drivers in the world and go to the very heart of the racing experience.
11.30 Rebel TV: Rebel Sports
Series about high-adrenalin sports.
12midnight Copa America Football: Japan v Bolivia and Paraguay v Peru – LIVE
Action from football's oldest international tournament.
4.00am-4.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon Super League
Highlights from the JJB Sports Super League as two teams go head-to-head in the search for valuable league points.
Repeat from Sunday
2.00pm Pool: International Pool Masters Quarter-Final
Action from the Stakis Hotel in Bradford as the quarter-final stage of the International Pool Masters commences.

3.30 Motorcycling: Great Britain GP
Action from the British Motorcycle Grand Prix at Donington Park. With defending champion Mick Doohan recovering from injury, the 500cc championship is wide open.
5.00 Tenpin Bowling: World Ten Pin Masters
The latest action from the World Tenpin Masters in Milton Keynes.
6.00 Totalsport
Lifts the lid on the biggest issues facing world sport.
6.30 Asian Sports Show
Diverse sports from Asia.
7.00 Xtreme: Rebel Sports
Series about high-adrenalin sports.
7.30 Xtreme: Wild Spirits
8.00 International Bowls: Australia v New Zealand 2nd Test
More top international bowls action as two of the strongest teams in the world compete in the second Test match. Australia start as marginal favourites to defeat their deadly rivals, New Zealand.
10.00-11.30pm Pool: International Pool Masters Quarter-Final
Action from the Stakis Hotel in Bradford as the quarter-final stage of the International Pool Masters commences. Those likely to be appearing are Rob Hill from Basildon, Terry Hunt from Sheffield and Manchester's Keith Brewer.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

Japan's coveted hitman Hidetoshi Nakata could be on target against Bolivia. Sky Sports 2 12midnight – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Junior Masterfan
7.00 United in Press
Journalists and fans debate the latest developments from one of the world's biggest clubs.

8.00 Red Hot News
All the latest developments from Old Trafford.
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
Footage from the Man U archives.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
10.30 Red Hot News
The latest from one of the world's biggest clubs.
10.45 Season Snapshots
11.00 Reserves Replayed
The best of the action with United's reserves.
11.30-12midnight Red Legends

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Battlestar Galactica
Greetings from Earth
Apollo and Starbuck intercept a primitive ship floating through space.
4.00 The Incredible Hulk
David Banner accepts a ride from a man who offers to take him in his private plane.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 Cybernet
A visit to the world of computer games.
6.30 New Alfred Hitchcock
The Canary Sedan
7.00 The Six Million Dollar Man
H + 2 + O = Death
Steve Austin poses as a double-dealing OSI scientist. Stars Lee Majors.
8.00 Time Trax
Death Takes a Holliday
Darien tries to infiltrate a gambling casino operated by Clinton Sayjack, a fugitive from 2193.
9.00 Twin Peaks
Cooper asks Truman to give him 24 hours to prove who murdered Laura Palmer while Mrs Tremond does a disappearing act.
10.00 FILM: Ghostbusters II
Bill Murray, Dan Aykroyd, Sigourney Weaver, Harold Ramis, Rick Moranis, Ernie Hudson
Comedy sequel in which the threesome return as the spirit world's worst enemies as New York is once again headed for supernatural doom. *1989*
12midnight VR.5
Sydney gets a new contact who persuades her into pursuing Boothe.
1.00am FILM: Automatic
Olivier Gruner, John Glover
Action thriller. *1994*
2.40 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
COPA AMERICA: JAPAN V BOLIVIA
SKY SPORTS 2 12MIDNIGHT

Japan, co-hosts of the World Cup finals in 2002, have the ambition to be a major footballing force. However, France 98 was a humbling experience, as they finished bottom of the group, with no points. Therefore, this match against Bolivia, who finished as runners-up at Copa America in 1997, offers them the chance to give their fanatical fans something to cheer about. Hidetoshi Nakata plays for Italian club Perugia in Serie A, but has expressed an interest in playing in the English Premiership.

ITV2
ACCESS PACK

4.00pm Trisha
True stories shared with a studio audience.
5.05 Club 2 1930: CD UK
Music chart show.
6.00 The Worst Witch
Monkey Business
Children's drama series set in a school for trainee witches.
6.30 Bedrock
Celebrity guests and music.
7.30 Sport Zone: Chequered Flag
8.30 MTB

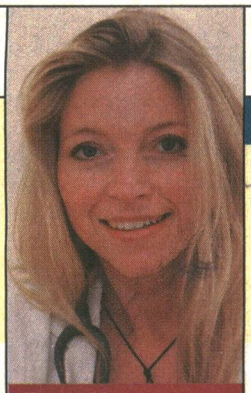
9.00 Unmissable ITV: My Wonderful Life
Moving On
Comedy series about the life and loves of a nurse.
9.30 Mr and Mrs with Julian Clary
Version of the classic gameshow in which partners answer revealing questions about each other to win brilliant prizes.
10.00 Barbara
10.30 Barbara

11.00 Coronation Street
Back-to-back episodes from yesterday and today on ITV.
12midnight Late Zone: Bedrock
An hour of fun with celebrity guests, music and a daily battle of the sexes.
1.00am-2.00am Sport Zone: Chequered Flag
Motoring magazine show covering the latest news and events from the racing world.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Dirty Talk
12.20 Adult Feature
12.45 FILM: Lost Angels
2.00 Adult Feature
2.25 FILM: The Dinner Party
Erotic feature film.
3.40-4.00am WPC on Duty

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



Trude Mostue deals with another pet in pain in 'Vets in Practice'. UK Horizons 8.30pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
Crossword game show.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz show.
7.15
The Games Room
7.25 Whittle
Audience participation quiz show.
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges within four different zones.
9.00
Stars in Their Eyes
Amateur singers become stars for a night.
9.50
The Games Room
10.00 Endurance UK
British version of the Japanese gameshow.
10.30 The Cooler
A brand new late-night entertainment quiz.
11.00
Celebrity TV Bloopers
A compilation of clips from the cutting room floor, featuring well-known actors' mistakes.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
No Tomorrow
Apocalyptic last wishes.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high-speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network Daily 9.30 Coxon's Kitchen College 10.00 Perfect Pasta with Aldo Zilli 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Network Daily 12.30pm Japaneasy 1.00 Coxon's Kitchen College 1.30 Tessa's Tastebuds 2.00 Ross on the Range NEW SERIES 2.30 Food Network Daily 3.00 The Spice Trail 3.30 Vin Ordinaire 4.00 Taste of the Times 4.30-5.00pm Rustie's Real Cooks
Health Farm
Rustie cooks at a health farm.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
How to Set Up a Restaurant
5.30 Get Smart
Maxwell Smart, Private Spy
6.00 I Spy
The Warlord
Kelly and Alex are sent to a remote village in order to save an adventurer kidnapped by guerrillas.
7.00 Boon
Work, Rest and Play
Boon takes a job minding a tough footballer who finds it difficult to keep his eye on the ball.
8.00
Birds of a Feather
Shift
Sharon enjoys her new life.
8.30 A Kind of Living
Culture clash sitcom.
9.00 Ruth Rendell Mystery: No More Dying Then
The disappearance of a five-year-old boy arouses the police's suspicion.
10.00 Big Sky
Lost and Found
A body-snatching episode involving two little old ladies, an empty coffin and a faulty plane.
11.00
Hill Street Blues
Chipped Beef
Capt Furillo confronts Hill, Renko, Bates and Coffey about a fabricated report.
12midnight-1.00am I Spy
The Warlord
Kelly and Alex are sent to a remote village in order to save an adventurer kidnapped by guerrillas.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Star Attraction
2.00 Pataparu – Living with Strangers
Focusing on a troop of western red colobus monkeys living in the Abuko Nature Reserve in Gambia.
3.00
Monkey Business
Charlie has suffered drug abuse.
3.30
Monkey Business
4.00
Monkey Business
The two chimpanzee clans are put together.
4.30
Monkey Business
5.00 Wildlife SOS
A heron is rescued and a badger is set free.
5.30 Wildlife SOS
A badger is injured after being hit by a car.
6.00 Pet Rescue
Follow the fortunes of abandoned animals with the RSPCA.
6.30 Pet Rescue
With Wendy Turner.
7.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets in rescuing pets.
7.30 Animal Doctor
Animal emergencies.
8.00 Judge Wapner's Animal Court
The plaintiff claims that his talented duck was killed.
8.30 Judge Wapner's Animal Court
9.00 Country Vets
The vets are working flat out as the calving season reaches its peak.
9.30 Vet School
Following student vets.
10.00 Vet School
A look at the challenge of becoming a vet with students from Cambridge University.
10.30 Vet School
11.00-12midnight Untamed Africa
Simba's Death
The lioness's injured paw proves to be the end of her.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Columbus and the Age of Discovery 7.55 Armada 9.00 The Kon-Tiki Man 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Birth of Horror 12noon Lion Country 12.30pm Global Sunrise 2.00 The Marriage
From This Day Forward
3.00 Trust Me, I'm a Doctor
A guide to medicine.
3.30 Crime Limited
Series intended to help crime victims.
4.00 Holiday Reps
Docusoap on holiday reps.
4.30 Esther
Rude People
Whether being rude gets people further in life.
5.00 Lion Country
Documentary about the estate at Longleat House.
5.30
Baboons Rule OK
Baboons in South Africa.
6.00
Decisive Weapons
U-Boat Killer – The Antisubmarine Warship
6.30 War Walks
Waterloo
7.00 Ice Mummies
The Ice Maiden
The discovery of the body of a young woman in a magnificent ice tomb in the Siberian mountains.
8.00 Big Cat Diary
A series of wildlife reports from Kenya's Masai Mara.
8.30 Vets in Practice
Trude Mostue deals with an ailing rabbit.
9.00 Jailbirds
Doing the Rattle
Toni goes to the prison doctor for help.
9.30 Jailbirds
Sugar and Spice
10.00
The Cruise Special: Jane Ties the Knot
11.00
Jeremy Clarkson's Motorworld UK
11.30 Sex Acts
12midnight UFO Diaries
The Bermuda Triangle
12.30am-1.00am UFO Diaries
Messages from Space

UK PLAY:
1.00am Reeves and Mortimer 1.35 Podge and Rodge 1.45 Lucas and Walliams in Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Jamie Theakston's Pick 'n' Mix 3.45 Phone Zone 5.30 Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Psychic Livetime 7.00 Astrology Livetime 7.50 Consuming Passions 8.00 View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Body Check 10.00 Family Recipes 10.30 Surprise Gardeners 11.00 Pet Show 11.30 Gorgeous Gardens 12noon Montel Williams 1.00pm Agony Livetime 2.00 The View
3.00 Agony Livetime
Problem page on TV with *This Morning's* agony aunt Denise Robertson.
4.00 The Montel Williams Show
How To Protect Your Home
Award-winning US chat show with Montel Williams.
5.00 Susan Brookes' Family Recipes
5.30-6.00pm Gorgeous Gardens
Magazine series.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Wild Horses
Travel to the long and narrow barrier island of Assateague in Maryland to observe the behaviour of wild horses in the US.
8.00 Buddha on the Silk Road
A look at 1949 Maoist China which absorbed Turkistan, a great expanse of desert to its north.
9.00 Avalanche
Investigates the causes of one of nature's most dangerous forces, and what scientists are doing to try to prevent deaths.
10.00 In Search of the Sons of Abraham
Follow British anthropologist and linguist Tudor Parfitt as he goes to South Africa.
11.00 Renaissance of the Dinosaurs
A look at the latest research that shows that dinosaurs were not just oversized, clumsy lizards.
12midnight Animal Minds
A look at the new generation of researchers who are taking a closer look at behavioural patterns.
12.30am-1.00am Nile, Above the Falls
A visit to one of the most famous sights worldwide.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 FILM: I Like to Play Games
Erotic feature film.
11.30 Sex Court 12midnight Dish of the Day 12.10am Dr Anna St John 12.35 Adult Feature 1.00 FILM: Sweet Revenge 2.20 New Public Places 2.50-4.00am FILM: The Tigress

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad for Hits
Uninterrupted music videos.
9.00 Bytesize MTV
A one-hour melting pot of the best MTV packed into one-minute clips.
11.00 brand:new 12noon Mad 4 Hits 2.00pm US Top 20 Countdown
A weekly update on Stateside chart action.
3.00 Bytesize MTV
The best clips of interviews and performances from the current legion of boy bands.
4.00 Select MTV 6.00 Bytesize MTV
Magic morsels from the musical melting pot.
7.00 brand:new 8.00 Hit List UK
A rundown of the hottest singles.
9.00 Daily Edition 9.30 Say What?? 10.00 Celebrity Deathmatch 10.30 Singled Out 11.00 Mad 4 Hits 12midnight Superock 1.00am Celebrity Deathmatch 1.30 UK Singled Out 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Meatloaf 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.00 The Millennium Classic Years: 1974 5.00 VH1 Live 6.00 Greatest Hits of... 6.30 VH1 Hits 8.00 The VH1 Album Chart Show 9.00 Bob Mills' Big 80s 10.00 Greatest Hits of... 11.00 Ed Sullivan 11.30 Talk Music 12midnight VH1 Country 1.00am-6.00am American Classic

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 How Does Your Garden Grow? 11.00 Moving People 11.30 The House Detectives 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Travels à la Carte 2.00 Style Street 2.30 Gardeners' World 3.00 Geoff Hamilton – A Man and His Garden 3.30 Voyage 4.00 Voyage 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Delia Smith's Summer Collection 9.30 Good Living 10.00 Antiques Roadshow US 11.00 Gardeners' World 11.30 The Lost Gardens of Heligan 12midnight Ground Force 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Monday 5 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Doctors 7.30 Painted House 8.00 Doing It Up 8.30 Close Guide 9.00 Painting 9.30 Garden Party 10.00 Garden Club 10.30 Our House 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt's Fishing Adventures 12noon House Auction 12.30pm Close Guide 1.00 Hometime 1.30 Our House 2.00 Yankee Workshop 2.30 Home Again with Bob Vila 3.00 This Old House 3.30-4.00pm The Diceman

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
4.30 Walker's World
Borneo
Headhunters in the rainforests of Borneo.

5.00 PM

5.00 Flightline
Russia's premier frontline fighter, the MiG-29.
5.30
Ancient Warriors
The Vikings

6.00 PM

6.00 Zoo Story
The continuing stories from London Zoo.
6.30 Tiger Hunt: The Elusive Sumatran
The Tiger Project Team capture on film the rare Sumatran tiger.

7.00 PM

7.30 Great Escapes
The Fatal Voyage
How seven trawlermen survived being mined.

8.00 PM

8.00 Raging Planet
Fire
In the series that explores the superstars of natural phenomena, fire in all its forms is examined.

9.00 PM

9.00 Raging Planet
Killer Wave
A look at what causes tidal waves, sometimes travelling up to 500 miles per hour.

10.00 PM

10.00 Raging Planet
Hurricane
The effects of two storms in North Carolina in 1996, with the frantic activity in crisis centres and shelters.

11.00 PM

11.00 Forbidden Places: War Games
Canadian forces spearhead a mission to provide aid in the fictitious country of Cortuqueay.

12.00

NIGHT TIME

12midnight High Wire
The preparations made by a circus for a performance.
1.00am Flightline
Russia's premier frontline fighter, the MiG-29.
1.30-2.00am
Ancient Warriors
The Vikings

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
3.30 Scooby Doo
Those pesky kids step out of the Mystery Machine into another adventure.
4.00
The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos.
5.00 I Am Weasel
5.30
Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Animaniacs
6.30 The Flintstones
Fred and Barney are prehistoric men behaving badly.
7.00 Tom and Jerry
More madness and mayhem in the ongoing feline/rodent war.
7.30 Looney Tunes
Classic cartoons.
8.00
Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear /Lizzie's Library/ Portland Bill/ Mr Men/Ivor The Engine 2.30 Children's BBC

3.30 Brothers Flub
Animated antics.

4.00 Angry Beavers
Animated antics.
4.30 Rugrats
More fun among the tousle-headed nippers with the overactive imaginations.
5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
6.00 Sabrina, the Teenage Witch
6.30-7.00pm
The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
The Pimple
Tamera poses as Tia.
7.30
Caroline in the City
8.00 Desmond's
Barber-shop sitcom.
8.30 Just Shoot Me
War and Sleaze
Maya is roped into a blind date by Nina.
9.00 Seinfeld
The Chinese Restaurant
Jerry, George and Elaine go for dinner.
9.30 Cybill
There Was an Old Woman
10.00 Frasier
Ski Lodge
The Crane household take a trip to a ski lodge.
10.30 Cheers
Look Before You Sleep
11.00 Drop the Dead Donkey
Dave tries to get the hang of fidelity.
11.30 Whose Line Is It Anyway
12midnight Roseanne
12.30pm Cosby
1.00am
The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers 6.30 Power Rangers 6.55 Spiderman 7.20 Oggy and the Cockroaches 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30
Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The turtles are here to save the planet!
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the enemy: adults!
5.30 Ace Ventura
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers on Shop!
7.00 Bargain Shop!
Today's great offers at bargain prices.
7.30 The Gold Collection
Stunning quality jewellery – exclusive to Shop!
8.30 Dress for Less
Affordable leisure-wear from Shop!'s great range of fashion. Every Monday in July, Shop! will bring you the best-selling hours from the past week, so whether it's kitchen equipment, fashion or home entertainment that you want, don't miss this chance to see our most popular ranges again.
9.30 Sports Shop!
10.00 Kitchen Shop!
11.00 Kids Shop!
12noon Clothes Shop!
1.00pm Bargain Shop!
One-hour special of your favourite bargains from the past week.
2.00 Entertainment Shop!
3.00 Jewellery Shop!
4.00 Shop! Feature
5.00 Shop! Selection
A round-up of the best sellers from Shop!
6.00 Collectors' Shop!
7.00-8.00pm
Jewellery Shop!

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 NewsStand 10.30 Sport 11.30 Asia 12.30pm Pinnacle Europe 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 NewsStand 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Asian Edition 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour: 6.00am Sunrise 10.30 Your Call 12.00 Sky News Today 5.00 Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.00 News on the Hour 4.30 The Book Show 5.00 News on the Hour 5.30-6.00am CBS News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Entretiens de la TSR 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Chacun son Tour 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 12.45 A Bon Entendeur TSR 1.00 Journal 1.15 Chacun son Tour 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions Pour un Champion 5.00 Journal 5.15 Chacun son Tour 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Les Innocents aux Mains Sales 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30 DD News 7.45 Subah Aaj Tak 8.30 Holy Quran 9.00 FILM 11.30 News 12noon Lifeline 12.30pm Daal Mein Kala 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Khiladi 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-8.00am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Your Zindagi 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Zaike Ka Safar 8.30 Tara-2 9.00 Jaan 9.30 Neeyat 10.00 Karb 11.00 Jhat Pat Khana 11.30 Parampara 12noon FILM New Delhi 3.00pm Chota Muh Aur Badi Baat 3.30 Knock Knock Kaun Hai 4.00 Filmi Chakkar 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Hasratein 6.00 Amar Bail 7.00 Hadd Kar Di 7.30 Filmi Baatein 8.00 News Bulletin 8.30 Aashiqui 9.00 Ktc Sa Re Ga Ma 10.00 Ru-ba-ru 10.30 Up Beat 11.00 Aashirwad 11.30 Chahat Aur Nafrat 12midnight News Bulletin 12.30am Aap Ki Adalat 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM Amanuch 5.00 Revathi 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Victory in Jesus 5.30 Jack Van Impe Presents 6.00 Adventures in Faith 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This Is Your Day 8.15 Money Matters 8.30 Catch the Fire 9.00 Another Day of Victory 9.30 Church on the Way 10.00 Power of Praise 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 2.49 Market Review 4.49 Ask The IFA

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 2.30pm House of Commons 11.00 The Record 11.30-12midnight European Focus
Highlights from the European Parliament.

THE HISTORY CHANNEL
WORLD PACK

12noon Rome – The Ultimate Empire
1.00pm Secrets of War: Vietnam – Special Operations
2.00
Biography: Amelia Earhart
Profile of the most celebrated female aviator of all time.
3.00 The Lost Treasures of The Alexandria Library
The largest collection of books ever assembled in the Ancient World.
4.00 War: The Inside Story – Duel in the Desert
The story of the Desert War in North Africa from 1941-43.
5.00 First to Fly
6.00 Reincarnation
6.55 Photos for the Future
7.00 Biography: Vincent Van Gogh
8.00 Biography: Cary Grant
9.00 World War I: Clash of the Generals
9.30-10.00pm Men In Crisis: Wilson vs The Senate

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 3pm.

CABLE CHECK
Some of the channels listed may not be available in your area

The Emeralds of Eternity Pendant

In celebration of true and everlasting love, Brooks & Bentley have commissioned the most exquisite emerald and diamond pendant that elegantly captures the eternal spirit of endless love.

This is *The Emeralds of Eternity Pendant*, hand-crafted in spellbinding 9 carat gold and lovingly hand-set with no less than eight exquisite deep green emeralds and a single sparkling diamond to create a passionate work of art to treasure forevermore.

The Emeralds of Eternity Pendant is available exclusively from the master jewellers of Brooks & Bentley at the special offer price of only £125.00* per spectacular pendant. And what's more each jewelled heart comes complete with its own 20" (51cm) gold neck chain, luxury presentation case and a Certificate of Authenticity attesting to its valued status as a Brooks & Bentley original.

To share in the magic and beauty that is *The Emeralds of Eternity Pendant*, for you or as a special gift for the one you love, please telephone our Express Order Line on **0870 078 1111** today. Or if you prefer, simply complete and return your reservation form below by 20th July, 1999. You need send no money now. Ref: 1365816

The romance and elegance of rich green emeralds... captured forever within a jewelled filigree heart

Pendant shown larger than actual size of 25mm (1") in height including clasp.

OUR PLEDGE OF COMPLETE SATISFACTION

Brooks & Bentley takes pride in offering works of uncompromisingly high standards of quality, created with care and dedication by skilled craftsmen. If you are not satisfied with your purchase for any reason, simply return it within one year for a replacement or full refund. This pledge is in addition to your statutory rights.

BROOKS & BENTLEY

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MEMBER OF THE BRITISH JEWELLERS ASSOCIATION

RESERVATION FORM FOR THE EMERALDS OF ETERNITY PENDANT

Please telephone 0870 078 1111 or post by 20th July, 1999.

Please accept my reservation for *The Emeralds of Eternity Pendant*, to be hand-crafted for me at the individual issue price of just £125.00* per pendant. I need send no money now. I understand I will be billed in ten interest-free monthly instalments of £12.50, beginning when my pendant is ready for despatch. I will be given the opportunity to pay by cheque, postal order, credit card or Switch.

*Plus £2.55 per pendant for postage and packaging.

Mr/Mrs/Ms _____
PLEASE PRINT CLEARLY

Address _____

_____

Postcode _____ Telephone No. _____

Ref: 1365816

Signature _____

Please allow 21 days for delivery. All orders are subject to availability and credit status.

We may allow reputable companies to write to you with offers which may be of interest. If you would prefer not to hear from them, please tick this box. ☐

Post to: Brooks & Bentley, Weald Court, 101-103 Tonbridge Road, Hildenborough, Tonbridge, Kent TN11 9RY.

Tuesday 6 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Perfect Mother
Text *1996, rating Sky PG, 89 mins*
8.00 Mrs Winterbourne
1996, rating Sky PG, 101 mins
10.00 Sabrina Goes to Rome
Melissa Joan Hart, Eddie Mills 1998, rating Sky U, 83 mins
12noon Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong
Drama, based on a true story. *1997, rating Sky PG, 130 mins*
2.15pm The Perfect Mother
Tyne Daly, Ione Skye, Tuesday Knight, Justin Louis
Chilling drama based on a true story. A jealous mother destroys the happy marriage of her son and eventually murders his wife.
Text *1996, rating Sky PG, 89 mins*

4.00 Mrs Winterbourne
Ricki Lake, Shirley MacLaine, Brendan Fraser
Romantic comedy. A down-on-her luck, pregnant and penniless woman leaves the man who doesn't love her and boards a train to a new life. It's the wrong train, but by a twist of fate it leads her to the life she has always dreamed of.
1996, rating Sky PG, 101 mins

6.00
Sabrina Goes to Rome
Melissa Joan Hart, Eddie Mills, Tara Charendoff
Family adventure. In this movie spin-off, Sabrina the teenage witch is in the Eternal City, trying to uncover the mystery surrounding a family heirloom.
1998, rating Sky U, 83 mins
7.30 Hollywood Buzz
Weekly look at Tinseltown.

8.00 'Til There Was You
Jeanne Tripplehorn, Dylan McDermott, Sarah Jessica Parker, Jennifer Aniston
PREMIERE Romantic comedy. A single woman has been on the look-out for love for as long as she can remember. She has already met her perfect man, but is totally unaware of his suitability at the moment. Text *1996, rating Sky 12, 109 mins*

10.00
Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong, Victor Wong
Drama based on a true story, and set during and after WWII. An Austrian climber and POW escapes from India to the almost unknown land of Tibet where he befriends the young Dalai Lama, a meeting that changes his life.
1997, rating Sky PG, 130 mins

12.15am Powder
Sean Patrick Flanery
Text *1995, rating Sky 12, 107 mins*
2.10 David
Nathaniel Parker, Leonard Nimoy
First part of Biblical epic. *1997, rating Sky 15, 88 mins*
3.45-5.30am Toughlove
Lee Remick, Bruce Dern, 1985, rating Sky 15, 92 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Playing to Win
1997, rating Sky PG, 86 mins
9.00 The Long Road Home
1998, rating Sky U, 88 mins
11.00 Danielle Steel's Palomino
Lindsay Frost, Lee Horsley 1991, ating Sky PG, 91 mins
1.00pm Chasing Secrets
Della Reese, Ossie Davis
Drama about a child abandoned in the woods as a baby.
1998, rating Sky PG, 90 mins

3.00 Playing to Win
Shelley Fabares, Lisa Dean Ryan, David Lascher
Drama about a young girl who develops a gambling addiction when she starts dating a similarly afflicted boy. As they spend more and more, they find themselves falling deeper into debt and resort to stealing from friends, family and work.
1997, rating Sky PG, 86 mins

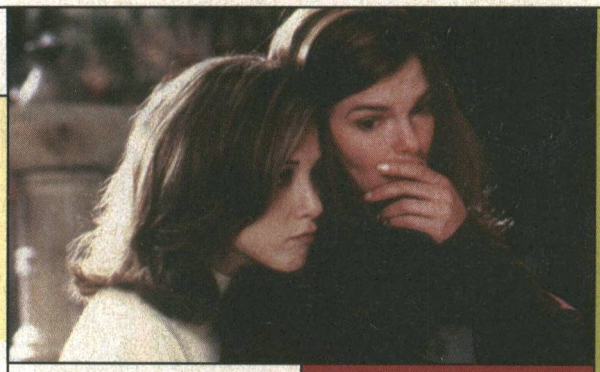
5.00 The Long Road Home
Michael Ansara, Al Harrington, Mary Elizabeth Winstead
Drama based on a true story. A young boy is sent to live with his grandfather after his mother's death. Life is not made any easier by the fact that his grandfather had disowned the mother before her death and treats the boy with disdain.
1998, rating Sky U, 88 mins

7.00
Danielle Steel's Palomino
Lindsay Frost, Lee Horsley, Eva Marie Saint, Rod Taylor
Passionate tale of a successful photographer, who is not so lucky in romance. However, when she is left partially paralysed after a riding accident, she finally gets the chance to discover true love.
1991, rating Sky PG, 91 mins

9.00 Kull the Conqueror
Kevin Sorbo, Tia Carrere
Amusing action fantasy. Hero warrior and king, Kull commands the respect of his people while his enemies plot his downfall. They resurrect a 3,000-year-old sorceress who disguises herself as beautiful Akivasha and bewitches Kull into marriage. But will Kull live to see the morning?
1996, rating Sky 12, 92 mins

11.00 Bad Moon
Michael Paré, Mariel Hemingway
Horror. After a journalist is attacked by a werewolf in the jungle, mysterious deaths start to occur when he returns home.
1997, rating Sky 18, 76 mins

12.20am Pink Lightning
Sarah Buxton, Martha Byrne
Road-comedy. *1991, 89 mins*
1.55 Omega Doom
1996, rating Sky 15, 80 mins
3.20 Anna
1987, rating Sky 15, 96 mins
5.00-7.00am Chasing Secrets
1998, rating Sky PG, 90 mins



Jennifer Aniston and Jeanne Tripplehorn star in 'Til There Was You'. Sky Premier 8.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm In Name Only
Carole Lombard, Cary Grant, Kay Francis, Charles Coburn, Peggy Ann Garner
Powerful melodrama based around a love triangle. A rich gentleman, played by Grant, falls in love with a beautiful artist, but finds his happiness frustrated by his loveless marriage to a devious wife.
1939, rating Sky PG, 90 mins

6.00 Father Brown
Alec Guinness, Peter Finch, Joan Greenwood, Cecil Parker
Film featuring GK Chesterton's creation, the sleuthing priest, Father Brown. The clerical detective sets out to outwit arch villain Flambeau who, continuing the religious theme, makes an attempt to steal a priceless relic – the cross of St Augustine.
1955, rating Sky U, 87 mins

8.00 Downhill Racer
Robert Redford, Gene Hackman, Camilla Sparv, Jim McMullan
Skiing drama. An egocentric downhill skiing champion from a small town faces an uphill struggle to get into America's prestigious Olympic team as he pits himself against the very best skiiers. The film features plenty of visually striking racing scenes.
1969, rating Sky PG, 97 mins

10.00 Carnal Knowledge
Jack Nicholson, Candice Bergen, Art Garfunkel, Ann-Margret
Comedy drama about two students with radically different attitudes to sex and women. As they both pass through a variety of relationships, one begins to change his attitudes
1971, rating Sky 18, 94 mins

11.40 In Name Only
Carole Lombard, Cary Grant
1939, rating Sky PG, 90 mins
1.15am 3.10 to Yuma
Glenn Ford, Van Heflin, Felicia Farr
Classic Western.
1957, rating Sky PG, 88 mins
2.50 No Way Out
Richard Widmark, Linda Darnell
1950, rating Sky PG, 102 mins
4.40-6.00am The Directors: The Films of Garry Marshall

MOVIE RATINGS

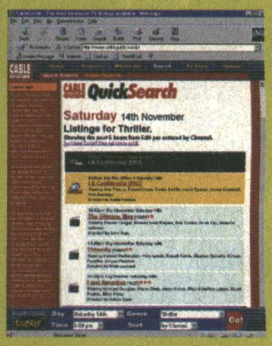
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Soylent Green
Charlton Heston, Edward G Robinson, Joseph Cotten, Leigh Taylor-Young, Chuck Connors
Cautionary science fiction tale set in a near future of over-crowded cities. An embittered cop stumbles on the shocking truth about the synthetic foodstuff – Soylent Green – which the authorities use to feed the starving populace. *1972, 93 mins*

11.00 Brass Target
Sophia Loren, John Cassavetes
Mystery thriller speculating that General George S Patton's death in a car-crash in 1945 was a carefully planned assassination, linked to a gold heist carried out by subordinates. *1978, 111 mins*

1.15am The Liquidator
Rod Taylor, Trevor Howard, Jill St John, Wilfrid Hyde-White
Spy adventure about a playboy who is lured into carrying out a covert mission. *1966, 100 mins*
3.00-5.00am Soylent Green
Sci-fi tale. *1972, 93 mins*



WANT TO KNOW WHICH BRAD PITT FILMS ARE ON THIS MONTH? OUR NEW ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Day for Night
Jacqueline Bisset, Valentina Cortese, Jean-Pierre Aumont
Comedy directed by François Truffaut. Superficially it's a behind-the-scenes look at the making of a feature film, but the plot device is just an excuse for gags about how films are really made and caricatures of every actor and directorial type imaginable. *1973, 111 mins*

8.05 Hear My Song
Ned Neatty, Adrian Dunbar
Romantic comedy about the life of Fifties singing star Josef Locke. A desperate concert promoter thinks he's booked Locke for a concert tour. But when he discovers he has a fake on his hands, he travels to Ireland to find the real Locke and tries to pursuade him to perform again. *1991, 101 mins*

10.00 Wish You Were Here
Emily Lloyd, Tom Bell
Lynda, 16, lives with her younger sister and widowed father in a small English coastal town in the early Fifties. Starved for affection after her mother's death, she seeks attention by shocking family and friends. *1987, 88 mins*

11.35 Breaking the Waves
Emily Watson, Stellan Skarsgard
An injured oilrig worker's wife takes lovers in order to rekindle their marriage. *1996, 152 mins*

2.15am Tranceformer – A Portrait of Lars Von Trier
Documentary. *1997, 52 mins*
3.10 My Stepmother is an Alien
Sci-fi comedy. *1988, 104 mins*
5.00-6.00am
The Stranger Left No Card

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
SLIDING DOORS
Intriguing and funny romantic comedy which takes a look at the 'what ifs' in life, following the different developments in a woman's life depending on whether or not she catches a train. Starring Gwyneth Paltrow and John Hannah.
1998, rating Sky 15, 95 mins
PLAYS AT 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am and 4.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, rating Sky PG, 133 mins
PLAYS AT 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MIMIC
Action thriller. A scientist develops a bug designed to kill all the plague-carrying cockroaches in New York before self-destructing. Years later, when a strange insect is found in the New York subway system, she realises the insects did not die; they evolved. Stars Mira Sorvino.
1997, rating Sky 15, 101 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Tuesday 6 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon 8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Wild Teens Watch Out...
Boot Camp at Home

3.00 Jenny Jones
Girl Your Perm Is the Pits, Get a Style that Fits
Guests beg their friends to update their hairstyle.

4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt!

5.00 Star Trek: Deep Space Nine
Our Man Bashir
Bashir is all that stands between his trapped fellow officers and certain death. Text

6.00 Feature

6.30 Friends
The One where Chandler Can't Remember which Sister Text

7.00 The Simpsons
My Sister, My Sitter Text

7.30 The Simpsons
Das Bus
Bart, Lisa and their classmates fight for survival. Text

8.00 Speed!
A cow causes chaos and the police chase a joyrider

8.30 Coppers
Isle of Man
Fly-on-the-wall police series.

9.00 Police Stop! 9
NEW This programme features amazing real-life footage of both criminals and ordinary citizens behaving dangerously and badly while driving.

10.00 Red Light Girls
In Los Angeles, porn actress Angelica Sin pursues a presenter's job on Playboy TV and in Melbourne, Genevieve spills the beans on her clients.

11.00 Friends
The One where Chandler Can't Remember which Sister Text

11.30 Star Trek: Deep Space Nine
Bashir is all that stands between his officers and death. Text

12.30am
The Chris Evans Breakfast Show
1.30 Law and Order
Pride and Joy
A gifted son and juvenile daughter are suspected of patricide.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Reason to Believe
A body is found after an office party.

3.25 The Bill
Let Slip
Two Rottweilers attack a girl.

3.55 EastEnders
Ignoring his family's advice, Lloyd goes looking for adventure.

4.30 Neighbours
Cameron makes a decision that he regrets when it leaves him heartbroken.

5.00 Dynasty
The Alarm
Sammy Jo's warning to Steven about the plan to poison Blake is too late, after Blake falls down the stairs during a seizure.

6.00 Dangerfield
Treasure
The abduction of a young boy with a dangerous medical condition leads to a full-scale emergency.

7.00 Last of the Summer Wine
Ballad for Wind Instruments

7.40 May to December
Until It's Time for You to Go
Alec fears Zoe has found a younger man.

8.20 The Brittas Empire
Brittas is more concerned about falling attendance figures at Whitbury Leisure Centre than attempts to murder him.

9.00 One Foot in the Grave
Only a Story
Mrs Warboys moves in.

9.40 Hetty Wainthropp Investigates
Lost Chords
It's the 50th anniversary of the Blainthorp Music Festival but the finalists start losing their voices.

10.45 HeartBeat
Keep on Running
Kate insists that her feelings be considered when Nick is offered a promotion, then Nick is arrested on a visit to London.

11.50 The Bill
Reason to Believe
A body is found at an office party.

12.20am The Bill
Let Slip
Rottweilers attack a girl.
12.50 Dad's Army
1.25 Colin's Sandwich
1.55-3.00am Common as Muck

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 Jerry Springer 10.50 Change of Heart 11.20 Can't Cook, Won't Cook 11.55 Maury Povich 12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
An upbeat and humorous magazine programme, featuring human interest stories, celebrity interviews, fashion and beauty. Presented by Lorraine Kelly.

3.40 Maury Povich
Talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

4.30 Home and Away
More drama with the families from the coastal community in Summer Bay.

5.00 Change of Heart
Dating show in which partners meet their dream date.

5.30 The Dating Game
Dating show in which guests choose looks or personality.

6.00 The Jerry Springer Show
American talk show in which Jerry Springer and his guests engage in heated discussions.

6.50 Fashion Emergency
Makeover show.

7.15 Life, Camera, Action
Real-life drama on camera.

7.40 The Jerry Springer Show
American talk show in which Jerry Springer and his guests discuss relationships.

8.30 FILM: Against Her Will: The Carrie Buck Story
Marlee Matlin, Melissa Gilbert Peter Frechette
Powerful drama about a young unwed mother in the twenties, Carrie Buck, who stands little chance of keeping custody of her child. The court rules against her, and also begins proceedings to have her sterilised. *1994*

10.30 Sextasy!
Late-night raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Home to Roost
1.30 Only When I Laugh
2.00 The High Chaparral

3.00 Cagney and Lacey
One of Our Own
After a young police officer is murdered, Cagney and Lacey and the entire police department search for his killer.

4.00 Minder
Bury my Half at the Waltham Green
Terry minds a recently released convict, who knows about a £20,000 stash from a robbery.

5.00 Charlie's Angels
Antique Angels
When a space age fuel is stolen, the Angels must catch the culprits before they sell it to an unfriendly foreign power.

6.00 Emmerdale
Annie is interrogated and Mark and Melanie make friends again.

6.30 Classic Coronation Street
Fred takes the girls on a picnic.

7.00 Home to Roost
Henry's daughter Julie arrives for the weekend with her boyfriend.

7.30 Only When I Laugh
All in the Mind
Figgis thinks he can be a shrink.

8.00 Minder
Bury My Half at the Waltham Green
Terry minds a recently released convict, who knows about a £20,000 stash from a robbery.

9.00 Cagney and Lacey
One of Our Own
American police drama.

10.00 Tommy Cooper

10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Hot House
Comedy, music and guests with Kim Hughes and Terry Christian.

11.30 Babewatch UK
Fly-on-the-wall series presented by Jo Guest.

12midnight FILM: The Martial Arts Masters
Action drama about a martial arts expert who wants to stop fighting but is forced to avenge his family.

1.40am Search for a Centrefold
Hundreds of girls audition to join a dance troupe.

1.50-2.00am Lord Lust's Lovelies
Presented by James Hadfield-Hyde.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Big Blue House 9.55 Toothbrush 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB & J Otter 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Big Blue House 12.55 Toothbrush 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB & J Otter 2.00 Winnie the Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures with Ariel and her friends. Text

3.30 Art Attack
Innovative art show hosted by Neil Buchanan.

4.00 101 Dalmatians
Canine capers. Text

4.30 Hercules: The TV Show
Hercules and the Prometheus Affair Text

5.00 Recess Text

5.15 Pepper Ann
More teen trouble. Text

5.30 The Famous Jett Jackson
Close Encounters

6.00 Smart Guy
A smart kid who's put into tenth grade instead of the fourth. Text

6.30 Boy Meets World
Boy Meets Real World
Cory shoots a documentary.

7.00 FILM: Balloon Farm
Rip Torn, Mara Wilson
Adaptation of Jerdine Nolan's tale of a friendly but mysterious farmer who joins a drought stricken farming community and grows a bumper crop of balloons! *1997* Text

8.30 Honey, I Shrunk the Kids: TV Show
Honey, They're After Me Lucky Charms
Another invention causes trouble.

9.15 Double Dinosaurs
More prehistoric entertainment with the huge and huggable dinosaurs. Based on an idea by Jim Henson. Text

10.00 Home Improvement
10.30 The Wonder Years
11.00 Dr Quinn: Medicine Woman
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Breaking the Waves
FilmFour 11.35pm
The visual dissonance of this disturbing drama – with its jump cuts, handheld camerawork and sickly colours – brilliantly projects the mental state of its naive heroine (Emily Watson), who embarks on a series of destructive sexual encounters to satisfy her paralysed husband.

GENERAL
Babylon 5
Sci-Fi 9.00pm
This superb series has an epic quality to it and is distinguished by some expertly scripted storylines, sharply drawn characters and dazzling effects that would rank with any Hollywood sci-fi features. Tonight's episode is *Whatever Happened to Mr Garibaldi?*

ADVERTISEMENT
NEW SERIES
LIFE, CAMERA, ACTION! 7.10PM
Caught on tape – Excitement! Thrills! Chills! Life! Hostess Kristen Eykel brings fascinating video footage from around the world to you, including rivetting police surveillance, the capture of a fugitive bear and a daredevil bicycle stunt that goes wrong.

Tuesday 6 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Motorcycling
8.00 Cycling
Highlights of yesterday's stage of the Tour de France.
10.00 Tennis – LIVE
Coverage of the Rado Swiss Open ATP Tournament in Gstaad, Switzerland. Clay court specialists should again dominate the event.
2.00pm Cycling – LIVE
Coverage of the third stage of the Tour de France.

3.00 PM

4.00 PM

4.30 Cycling
Highlights of today's third stage of the Tour de France.

5.00 PM

5.30 Strongest Man
International Contest.

6.00 PM

6.30
Four Wheels Drive
Coverage of the Formula 4x4 Off Road race in Reykjavik, Iceland.

7.00 PM

7.00 Grand Touring
Racing from the fourth round of the FIA GT Championships at the Hungaroring, Hungary.

8.00 PM

8.00 Cycling
Highlights of today's third stage of the Tour de France.

9.00 PM

10.00 PM

10.00 Football
A look at European Championship Legends.

11.00 PM

11.00 Golf
Coverage of the Ladies European Tour from the Chrysler Open in Halmstad, Sweden.

12.00 NIGHT TIME

12midnight-12.30am Sailing

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 V-Max 7.45 Totalsport
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 V-Max 10.00 Ten Pin Bowling 11.00 Cricket: Women's One Day International: England v India – LIVE 2.30pm
Second Innings: Mark Ramprakash – Barbados

3.00 Cricket: Women's One Day International: England v India – LIVE
Coverage of the second session of England's one-day international against India from Old Trafford. Jan Smithies's team will expect nothing less than a win against a strong visiting side.

6.30
Sky Sports Centre
All the major headlines from the world of sport.
7.00 Copa America Football: Japan v Bolivia and Paraguay v Peru
More action from South America. Invited guests Japan take on Bolivia, while hosts Paraguay do battle with Peru, who finished fourth in the 1997 tournament.
Repeat from Sky Sports 2
9.00 Greyhounds: Scurry Gold Cup Final – LIVE
Jeff Stelling presents live coverage of the traditional sprinters' classic – the Scurry Gold Cup from the prestigious 385 metre Catford track, the event's home since 1987. This year's winner will receive £2,500.
11.00 Sky Sports Centre
11.15 Golf: Mastercard Tour – Prince's Tournament
Action from the Prince's Course in Ireland.
12.15am Sky Sports Centre
12.30 Premier Snooker League
1.30 Beach Rugby: Fullers Beach Rugby International
3.00 Fastrax
3.30-3.45am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Moto-Plus 8.45 Sky Sports Centre 9.00 Xtreme: Rebel Sports 9.30 Xtreme: Wild Spirits 10.00 Bowls: Australia v New Zealand 12noon Totalsport 12.30pm V-Max 1.00 Copa America Football: Japan v Bolivia and Paraguay v Peru

3.00 Asian Sports Show
Action from Asia, the Middle East and Arabic-speaking North Africa.
3.30 International Bowls: 2nd Test Australia v New Zealand
More top bowls action as two of the strongest teams in the world compete in the second Test. Australia start as marginal favourites to defeat their deadly rivals, New Zealand.
5.30 Wheelbase: Wheelbase Club
Everything from hill-climbs to auto-tests and sprints are covered in an electrifying 30 minutes.
6.30 Golf: Mastercard Tour – Prince's Tournament
Action from the latest leg of the MasterCard Tour, from the Prince's Course in Ireland.
7.30 Sports Auction: Golf Memorabilia – LIVE
Live coverage of another sporting memorabilia auction, with much-sought after golfing treasures.
9.00 Fastrax
News, action, profiles and lifestyle features from the world's alternative sports.
9.30 Major League Baseball
The New York Mets take on the Atlanta Braves in the game of the day from the Major League.

11.30 Copa America Football: Mexico v Venezuela and Brazil v Chile – LIVE
Action from the group stages of the Copa America. Mexico take on Venezuela, while Chile face the daunting task of trying to overcome the defending champions, Brazil.
3.30am-3.45am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon WWF – Live Wire
Michael Cole presents coverage of exclusive World Wrestling Federation bouts.
1.00pm Xtreme: Rebel Sports 1.30 Xtreme: Wild Spirits 2.00 Pool: International Pool Masters Quarter-Final
Coverage of the second of the quarter-finals in the 1999 International Pool Masters featuring some of the finest players in England.

3.30 Ten Pin Bowling: World Ten Pin Masters
Action from the World Ten Pin Masters at the Milton Keynes Shopping Centre for the prize money of approximately £18,000.
4.30 WWF – Live Wire
Michael Cole presents coverage of exclusive WWF bouts.
5.30 Rugby League Academy
Rugby League Academy takes a look at tomorrow's stars of the game, including match action.
6.30 Xtreme: Sports Unlimited
The programme that lifts the lid on such diverse activities as mountain biking and skating.
7.30 Beach Rugby: Fullers Beach Rugby International
More top class rugby action from the beach, with a host of international stars renewing old rivalries.

9.00 Premier Snooker League
Coverage of the 1999 Premier Snooker league featuring the world's top competitors.
10.00-11.30pm Pool: International Pool Masters Quarter-Final
Coverage of the second of the quarter-finals in the 1999 International Pool Masters, featuring some of the finest players in England.

Red-hot Chilean Marcelo Salas may be too much for Brazil to handle in this Copa America clash. Sky Sports 2 11.30pm

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Masterfan – Final
7.00 Talk of the Devils: Who's the Greatest?
Hear what's being said about one of the world's biggest clubs.
8.00 Red Hot News
8.15 Super Match Shorts
Classic match action.
8.30 Super Match – Premier Classic
Relive another classic Premiership match.
9.30 Red Hot Update
9.35 Super Match – Premier Classic continued
Match action continues.
10.30 Red Hot News
The show that rounds up the latest developments.
10.45 Super Match Shorts
11.00 Reserves Replayed
Another chance to watch United's reserves.
11.30-12midnight Best of Ray's Round

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
The Guardians
The adventures of an astronaut transported to the 25th Century.
4.00 The Incredible Hulk
Babalao
In New Orleans, David is targeted for elimination by a voodoo healer.
5.00 Sightings
Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.
6.00 Robocop
Provision 22
When OCP privatises the welfare system, RoboCop learns that Nancy Murphy is a target.
7.00 The Six Million Dollar Man
The Bionic Boy – Part1
A 16-year-old boy is selected to receive an atomic implant.
8.00 Space Rangers
Fort Hope
A ship carrying an old friend of Boon's crashes on a desolate planet which is also an alien burial site.
9.00 Babylon 5
Whatever Happened to Mr Garibaldi?
G'Kar finds trouble while searching for Garibaldi and Sheridan is close to death.
10.00 FILM: Invader
Cotter Smith, Dierore O'Connell, Robert Wisdom, Ryan Phillippe
When a UFO crashes in the desert, Dr Case Montgomery and Dr Gracia Scott are put in charge of the investigation team. *1995*
11.40 Sci-Focus Special
12midnight PSI Factor – Chronicles of the Paranormal
1.00am FILM: Tennis Court
Peter Graves, Hannah Gordon, Jonathan Newth
Supernatural tale. *1984*
2.30 New Alfred Hitchcock
3.00-4.00am Dark Shadows

LIVE COPA AMERICA: BRAZIL V CHILE SKY SPORTS 2 11.30PM

Chile, who were one of the surprise packages in last year's World Cup, take on the side who ended their promising run with a 4-1 defeat in the second round, Brazil. Marcelo Salas, who scored their consolation goal in that match, will hope to team up with Ivan Zamorano, and that strike force could pose a real threat to the Brazilian defence. At the other end of the pitch, the Chileans had better watch out for Brazil's free-kick specialist, Roberto Carlos.

ITV2
ACCESS PACK

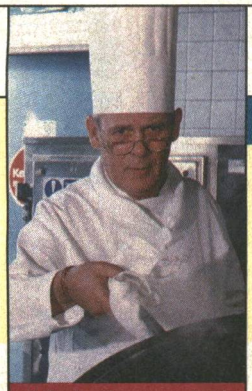
4.00pm Trisha
Talk show.
5.05 Red Handed
A nosy parker gets a shock when left alone in a flat, and a Rod Stewart fan misses out on a meeting with his idol when he is too late.
5.30 MTB
6.00 Board Wild
International board sports.
6.30 Bedrock
7.30 Sport Zone: The Locker
8.00 NBA Jam
The latest basketball action from the States.
8.30 Futbol Mundial
All the latest news and action from the world of football.
9.00 Holidays from Hell
A look at some holiday disasters.
9.30 Pleasure Island
Kim's reluctant bridegroom Paul manages to squeeze into the world's most revealing tuxedo.
10.00 Big Bad World
11.00 Emmerdale
11.30 Soap Fever
Show devoted to the world of soaps, presented by Liza Tarbuck. With celebrity guests, chat, previews, reviews, and specials.
12.30am Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
1.30-2.00am The Locker

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Amateur Girls 12.20 Unearthing Passions 12.45 FILM: Man Bait 1.00 The Five Minute Free View 1.05 FILM continues 2.00 Teresa Scott Unleashed 2.25 FILM: Sinful Desire 3.40-4.00am Melanie

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Tuesday 6 July



A fly-in-the-soup look at chef David Smith's kitchens at the Adelphi in 'Hotel'. UK Horizons 10.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
Tom O'Connor hosts.
5.45
The Games Room
6.00 Family Fortunes
Two families compete in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Quiz with Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical, across four zones.
9.00
Stars in Their Eyes
Amateur singers become their favourite stars.
9.45
The Games Room
10.00 Endurance UK
UK version of Japanese gameshow.
10.30 The Cooler
Donna Air trawls through the world of trash.
11.00
Celebrity TV Bloopers
More of celebrities' most embarrassing moments and slips of the tongue captured on camera.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion 12.30pm Boys' Toys 1.00 Lie Detector 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Lie Detector
Deception uncovered using modern methods.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen College 10.00 A Taste of England 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network 12.30pm Tastes of Britain 1.00 Coxon's Kitchen College 1.30 A to Z of Food and Beauty 2.00 Simply Baking 2.30 Food Network Daily 3.00 Japaneasy
Sushi
3.30 The Alex Factor 4.00 Tessa's Tastebuds
Corn and Cornflour
4.30-5.00pm Ross on the Range

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Sleep and Diet
5.30 Get Smart
Supersonic Boom

6.00 I Spy
A Gift From Alexander
Kelly and Alex are enticed by a beautiful Russian agent into recovering a priceless manuscript.
7.00 Boon
Bully Boys
Ken and Harry are shocked when they delve into the affairs of a local landlord.
8.00
The Far Pavilions
A screen adaptation of M M Kaye's epic novel, set in nineteenth Century British colonial India.
9.00 The Upper Hand
9.30
An Inspector Calls
Unplanned Erections
A look at Richmond's planning inspectors.
10.00 Lovejoy
The Axeman Cometh
Lovejoy is delighted when he finds an Arabian head-dress in a dresser he bought at an auction.
11.00
Hill Street Blues
The World According to Freedom
Furillo orders a gang leaders' pow-wow.
12midnight-1.00am I Spy
A Gift From Alexander
Kelly and Alex are enticed by a beautiful Russian agent into helping her recover a priceless manuscript.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Poison Lively
Peter spots two odd-looking men dumping a strange liquid into the lake.
2.00 Breed All About It
Border Collies

3.00 Good Dog U
The Digging/ Destructive Dog
3.30 Good Dog U
Basic Obedience
With Joel Silverman.
4.00 Doctor Dogs
This programme explores how family dogs are able to use their keen senses of hearing and smell to save human lives.
5.00 Wildlife SOS
An injured badger is left fighting for life.
5.30 Wildlife SOS
A fire destroys the whole rehabilitation unit.
6.00 Pet Rescue
With Wendy Turner and Mark Evans.
6.30 Pet Rescue
Follow the fortunes of abandoned animals.
7.00 Animal Doctor
A behind-the-scenes look at the work of vets.
7.30 Animal Doctor
The doctors help those who can't help themselves.
8.00 Judge Wapner's Animal Court
A lawyer is suing the owner of an ostrich farm.
8.30 Judge Wapner's Animal Court
9.00 Vet School
Students from Cambridge University's veterinary school face more dramatic challenges.
9.30 Vet School
10.00 Vet School
Series following students at Cambridge University's veterinary school.
10.30 Vet School
More trainee vets.
11.00-12midnight Untamed Africa
The Great Migration
Two million herbivorous creatures begin their long migration.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Columbus and the Age of Discovery 7.55 Armada 9.00 The Kon-Tiki Man 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Birth of Horror 12noon Lion Country 12.30pm Bubble Babies 1.00 Joan Collins v Random House 2.00 The Marriage

3.00 Trust Me, I'm a Doctor
Dr Phil Hammond presents a guide to what does and does not work in medicine.
3.30 Crime Limited
4.00 Holiday Reps
Caroline must cope with Menorca's longest airport delay. Claire is having second thoughts.
4.30 Esther
5.00 Lion Country
Looking at the comings and goings of Longleat House and Safari Park.
5.30 Wild Boar – King of the Wildwood
6.00
Decisive Weapons
The Soul of the Samurai – the Japanese Sword
6.30 War Walks
Mons
7.00 Ice Mummies
A Life in Ice
An update of the story of the 5,000-year-old body discovered perfectly preserved in the Alps.
8.00 Big Cat Diary
Camera crews trail a cheetah and her cubs, a pride of lions and the elusive leopard in Kenya.
8.30 Vets in Practice
9.00 Jailbirds
Guilt Trip
9.30 Jailbirds
Inside Out
Some of the prisoners are given a gate pass .
10.00 Hotel
Fly-on-the-wall series about the Adelphi in Liverpool.
10.30
Sylvania Waters
Noeline plans a party.
11.00 Top Gear GTi
Motoring news.
12midnight UFO Diaries
Area 51
12.30am-1.00am UFO Diaries

UK PLAY: 1.00am The League of Gentlemen 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard's Pop Upstairs Downstairs 2.30 Funny Noise 3.15 TOTP Plus 3.45 Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Agony Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Julia Carling's Style Guide 9.30 Young Chefs 10.00 Intimate Portrait 11.00 Perfect Parenting 11.30 Cook's Garden 12noon The Montel Williams Show 1.00pm Fashion Livetime 2.00 The View

3.00
Fashion Livetime
A look at the latest high street and designer fashions plus top tips and make over advice.
4.00 The Montel Williams Show
Pregnant and Needing Help
Award-winning U.S. chat show with Montel Williams.
5.00 The Pet Show
The ultimate guide to man's best friend.
5.30-6.00pm Cook's Garden

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Spirits of the Blue
Travel to the planet's oceans to track down the sea animals that inspired ancient myths.
8.00
Paying for the Piper
Ed Punchard, one of the 62 survivors of the Piper Alpha disaster returns to Scottish waters.
9.00 Born to Run
A focus on the Impala, graceful antelopes which have shown their versatility by adapting from life on the plains to woodland.
10.00 African Wildlife
Get a close-up look at the fascinating lifestyles of animals in Africa's Etosha National Park.

11.00
Land of the Giants
Discover how dinosaurs used their horns and spikes to scare off enemies and attract mates.
12midnight Yokonna
Six young Canadian film-makers construct a homemade raft and sail up the Yukon River.
12.30am-1.00am
A Woman's Place
Investigation into the role of women in traditional society.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Women of Colour: Deco 11.15 Most Wanted 12midnight Dish of the Day 12.10am Totty Try-Outs 12.25 FILM: Come Hither 1.45 Adult Feature 2.15 FILM: The Skin Game 3.35-4.00am Penthouse Photo-shoot

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 11.00 brand:new 12noon Mad 4 Hits 2.00pm Hit List UK
Cat Deeley with the movers, shakers and breakers of the UK singles charts.
3.00 Bytesize MTV
An hour of the best videos and interviews.
4.00 Select MTV
Make MTV your personal video jukebox. If we've got it, we'll play it.
6.00 Bytesize MTV
7.00 brand:new 8.00 US Top 20 Countdown 9.00 News 9.30 MTV Megamix 10.00 The Blame Game
Exes with axes to grind go head to head and compete for cash.
10.30 Daria
12midnight Alternative Nation – Manic Street Preachers Special
The show that pays homage to left of the middle music, provides an insight into the band's career.
1.00am Mad 4 Hits 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-up Video 9.00 VH1 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... Lionel Richie 1.30 Pop-up Video 2.00 Jukebox 4.00 Behind the Music: The Carpenters 5.00 VH1 Live 6.00 Greatest Hits of... Lionel Richie 6.30 VH1 Hits 9.00 The Millennium Classic Years 10.00 Behind the Music: Fleetwood Mac 11.00 VH1 Spice 12midnight VH1 Flipside 1.00am The VH1 Album Chart Show 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Looking Good 10.30 Home Front 11.00 Home Front 11.30 Going for a Song 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Wine World 2.00 Style Street 2.30 Growing Places 3.00 Gardening Neighbours 3.30 Voyage 4.00 Voyage 4.30 a la Mode 5.00 Antiques Roadshow
6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street With Paul Roseby 9.00 The Antiques Show 9.30 Good Living 10.00 The Antiques Inspectors 11.00 Geoff Hamilton – a Man and His Garden 11.30 How Does Your Garden Grow? With Mark Jeffries 12.30am-1.00am Stefan's Garden Roadshow

Tuesday 6 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Close Guide 9.00 Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt 12noon Car Show 12.30pm Close Guide 1.00 Hometime 1.30 Our House 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00am The Diceman

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt's Fishing Adventures
More angling adventures.
4.30 Walker's World
Dubai
With Anna Walker.

5.00 PM

5.00 Flightline
An aerobatic pilot who flies muscle planes.
5.30 Ancient Warriors
Soldiers of Pharaohs
Ancient Egyptian rituals.

6.00 PM

6.00 Zoo Story
Docusoap focusing on life at London Zoo.
6.30 In the Footsteps of a Bear
A look at the largest land predator, the Kodiak brown bear.

7.00 PM

7.30 Great Escapes
Volcano of Death
An escape from the side of an erupting volcano.

8.00 PM

8.00 Titanic
The Investigation Begins
The close examination of the ship progresses with an attempt to raise a section of the hull.

9.00 PM

9.00 Titanic
Anatomy of a Disaster
What can new technology and this special investigation teach us about this supposedly unsinkable ship?

10.00 PM

11.00 PM

11.00
Extreme Machines
Rockets
The history of rockets – from the earliest prototypes to today's hi-tech designs.

12.00

NIGHT TIME

12midnight
Mysteries of Magic
Death-Defying Feats
The history of the 'sawing a woman in half' illusion.
1.00am Flightline
1.30-2.00am
Ancient Warriors
Soldiers of Pharaohs

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Animated fun.
3.30 Scooby-Doo
Mysterious happenings with the do-gooders.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Animated heroics.
5.30 Cow and Chicken
Cartoon capers with the mismatched siblings.
6.00 Animaniacs
Madcap adventures from the Warner Bros studios.
6.30 The Flintstones
Animated antics with the cavemen of Bedrock.
7.00 Tom and Jerry
Pitched battles between the famous cat and mouse.
7.30 Looney Tunes
Classic cartoons from the archives.
8.00 Cartoon Cartoons
8.30-9.00pm Cult Toons
Celebrities' favourite toons.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC
Includes the *Teletubbies*.

3.30 Brothers Flub
Animated antics with Guapo, Fraz and Mrs Boomdegan.
4.00 Angry Beavers
Madcap antics with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative toddlers.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina, the Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Love Strikes
7.30 Caroline in the City
8.00 Desmond's
Barber-shop sitcom.
8.30 Just Shoot Me
Rescue Me
Maya faints when she goes to give blood.
9.00 Seinfeld
The Bus Boy
George feels guilty.
9.30 Cybill
Mother's Day
Cybill's mum pays a visit.
10.00 Frasier
Room Services
Lilith comes to Seattle and throws herself at Frasier.
10.30 Cheers
Woody Gets an Election
11.00 Drop the Dead Donkey
Gus is worried about an old face.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
3.35 Spiderman
Crime-fighting action.
4.00 Hero Turtles: The Next Mutation
Adventures with the shell-clad heroes.
4.30 Goosebumps
A series of spooky stories.
5.00 Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
Animated adventures of the zany pet detective.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection 7.00 Bargain Shop! 8.00 6 of the Best 8.30 The Clothes Line 9.30 Shop! Feature 10.00 Jewellery Box 11.00 Junior Sports Store
Top brand sportswear for active kids – for less than £30.
11.30 Fitness Zone
More advice and equipment for working out at home.
12noon 6 of the Best
Holiday essentials that you can't afford to miss!
12.30pm In the Garden
Professional advice to help create a beautiful garden.
1.00 Bargain Shop!
1.30 Shop! Selection
2.30 Travel Bag
More affordable essentials for your holiday.
3.00 Home Office
Home working essentials.
4.00 Beauty Secrets
Treat your hair to some relaxing spa therapy.
5.00 Shop! Selection
The latest best-sellers from the shelves of Shop!
6.00 Branded!
Casual style from the biggest names in the business!
7.00-8.00pm Character Collections
Beautiful collectibles.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Fortune 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 World Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business This Morning 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12.00 Sky News Today 3.00pm News on the Hour 5.00 Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 Découverte. 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Cinéma: Les Innocents aux Mains Sales 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Cinéma: Les Innocents aux Mains Sales 3.00 Journal 3.15 Questions 3.30 Bons Baisers d'Amérique 4.00 Infos 4.05 Pyramide. 4.30 Questions Pour un Champion 5.00 Journal 5.15 Forts en Tête 6.30 Inédit 7.00 Journal 7.30 Journal Télévisé 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'étape du Jour 9.00 Journal Télévisé 9.15 Fiction: Les Coeurs Brûlés 5/8 11.00 Journal Télévisé 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Bhakti Sagar 9.00 FILM 11.30 News 12noon Thekikaat 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Is Hafte Ki Kahani 4.30 Eklo Jane Re 5.00 Jhankar 5.30 Music Challenge 6.00 Tiger 6.30 Lifetime 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Swabimaan 12.30am Eurospice 1.00 FILM 4.00 Eklo Janere 4.30 Jhankar 5.00 Dasht 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Jaagran 7.00 Faith: Hindu 7.30 Daily News 8.00 Out and About 8.30 Tara-2 9.00 Super 7 Muqabla 10.00 My Choice 11.00 Khana Khazana 11.30 Parampara 12noon FILM 3.00pm Hadd Kar Di 3.30 Filmi Baatein 4.00 Filmi Chakkar 4.30 Zee Top Ten 5.30 Hasratein 6.00 Classics of Antakshari 7.00 Do Aur Do Paanch 7.30 Chalo Cinema 8.00 News Bulletin 8.30 Teacher 9.00 Zee Addicts 9.30 Zanjeeren 10.00 Shapath 10.30 Mahabharat 11.30 Banegi Apni Baat 12midnight News Bulletin 12.30am Tandoori Masala 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Insaan Aur Ghada 5.00 Lollywood Top Ten 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Hour of Deliverance 5.30 Freedom 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 A Word from God 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.45am Focus on Eastern Europe 4.24am Sports

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 2.30pm House of Commons 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Reincarnation
An exploration into whether there really is life after death.
12.55pm Photos for the Future
1.00 Biography
Vincent Van Gogh
2.00 Biography
Cary Grant
3.00 World War I
3.30 Men in Crisis
Wilson vs the Senate
The battle between Wilson and the Republican Senate.
4.00 Jungle Battle Burma
4.55 Photos for the Future
5.00 The Tugboats
6.00 The Search for the Abominable Snowman
6.55 Photos for the Future
7.00 Biography:
Shakespeare
8.00 Biography
Mary of Nazareth
9.00 World War I
The Doomed Dynasties
9.30-10.00pm Men in Crisis
Kefauver Vs The Syndicates

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 3.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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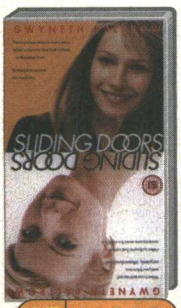

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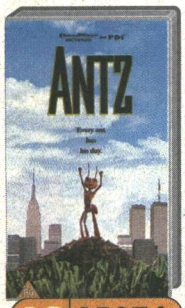

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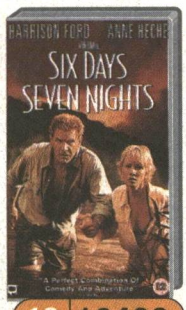

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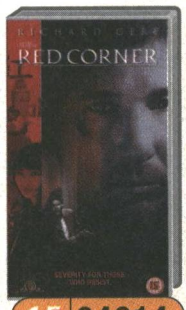

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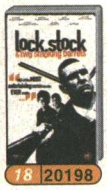

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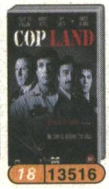

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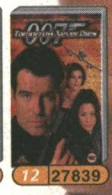
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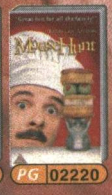

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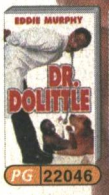

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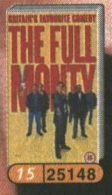

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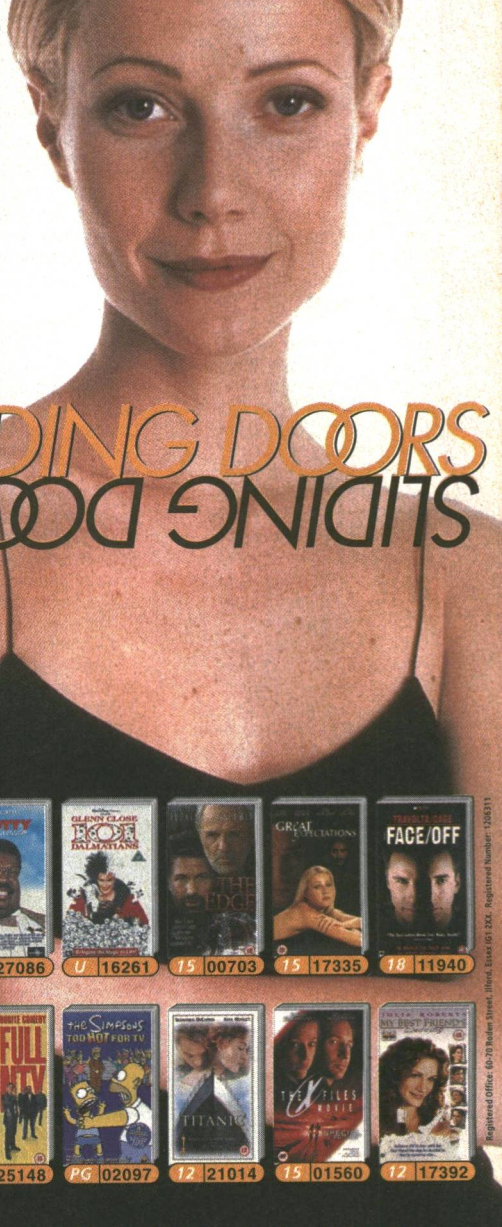

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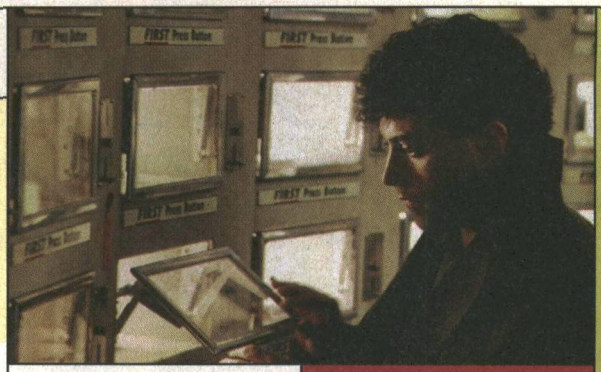
Wednesday 7 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Places in the Heart
1984, rating Sky PG, 107 mins
8.00 Merlin's Shop of Mystical Wonders
1995, rating Sky PG, 88 mins
10.00 Almost an Angel
Paul Hogan, Elias Koteas
1990, rating Sky PG, 95 mins
12noon Green Card
Gerard Depardieu
1990, rating Sky PG, 103 mins
2.00pm Places in the Heart
Sally Field, John Malkovich
Drama. A woman is left on her own to bring up a family and manage her farm. She is joined by an itinerant worker and a blind lodger who increase her responsibility.
1984, rating Sky PG, 107 mins
4.00 Green Card
Gerard Depardieu, Andie MacDowell, Bebe Neuwirth
Romantic comedy. A French immigrant, working illegally in New York, marries a woman who needs a husband in order to get a dream apartment. Once the ceremony is over, the pair plan to go their separate ways. *1990, rating Sky PG, 103 mins*
5.50 Almost an Angel
Paul Hogan, Elias Koteas, Linda Kozlowski, Doreen Lang
Comedy. A thief winds up in hospital after performing an uncharacteristic good deed. He is lead to believe that he has died and become an angel.
1990, rating Sky PG, 95 mins
7.30 Feel the Force
Documentary heralding the release of *Star Wars: Episode 1 – The Phantom Menace.*
8.00 Shooting Fish
Dan Futterman, Stuart Townsend, Kate Beckinsale
British comedy. A couple of inventive fraudsters attempt to scam wealthy corporations out of large amounts of money in order to buy a stately home. When they hire a temp to unwittingly help them in their scheme, she soon smells a rat. Text *1997, rating Sky 12, 99 mins*
10.00 Earthly Possessions
Susan Sarandon, Stephen Dorff, Elisabeth Moss, Jay O Sanders
PREMIERE Comedy drama. A woman is on the verge of starting a new life after separating from her husband. But while queuing at the bank, she is taken hostage by a desperate young bank robber.
1999, rating Sky 15, 99 mins
11.50 I'm Not Rappaport
Walter Matthau, Ossie Davies
Comedy about two old men.
1997, rating Sky 15, 130 mins
2.05am David
Nathaniel Parker, Leonard Nimoy
1997, rating Sky 15, 88 mins
3.40-5.30am The Last of the High Kings
1996, rating Sky 15, 98 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Buck and the Magic Bracelet
Widescreen *1996, rating Sky PG, 95 mins*
9.00 A Long Way Home
1981, rating Sky PG, 91 mins
11.00 Take Your Best Shot
Robert Urich, Jeffrey Tambor
1982, rating Sky PG, 92 mins
1.00pm Love Is Strange
Kate Nelligan, Ron Silver
1998, rating Sky PG, 88 mins
3.00 Buck and the Magic Bracelet
Matt McCoy, Abby Dalton, Felton Perry, Conrad Nichols
Action adventure about a teenager and his dog. After narrowly escaping an attack on his prospecting camp, Buck and his dog use a shaman's magical bracelet to hunt down their assailants. Widescreen *1996, rating Sky PG, 95 mins*
5.00 A Long Way Home
Rosanna Arquette, Timothy Hutton, Brenda Vaccaro, Paul Regina
Drama about a young man's quest to reunite his family. He sets out to search for his brother and sister years after the siblings have been separated from each other and sent away to different foster homes. *1981, rating Sky PG, 91 mins*
7.00 Dracula: Dead and Loving It
Leslie Nielsen, Peter MacNicol, Amy Yasbeck, Lysette Anthony
Comedy retelling of the Dracula story. This spoof follows the traditional Dracula story but with one vital difference – this Count is bumbling and accident-prone as he pursue an English rose to Victorian London. Text *1995, rating Sky PG, 86 mins*
9.00 Sprung
Tisha Campbell, Rusty Cundieff, Paula Jai Parker, Joe Torry
PREMIERE Sex comedy which takes a look at two very different styles of approaching the opposite sex. A gold-digger is foiled by a fraudulent fat cat called Clyde, who looks a million dollars but in fact works in a fast food store. Text *1997, rating Sky 15, 104 mins*
11.00 Robocop 2
Peter Weller, Nancy Allen, Daniel O'Herlihy, Belinda Bauer
Action sequel. The metallic law enforcer continues his crusade against crime. *1990, rating Sky 18, 111 mins*
12.55am Let It Be Me
Romantic drama. *1995, 95 mins*
2.35 Vampire Journals
1997, rating Sky 18, 78 mins
4.00 The Price of Love
1995, rating Sky 15, 87 mins
5.30-7.15am Love Is Strange
1998, rating Sky PG, 88 mins



Rufus Sewell suffers an identity crisis in 'Dark City'. Sky Box Office 4, see below

SKY CINEMA
PREMIUM CHANNEL

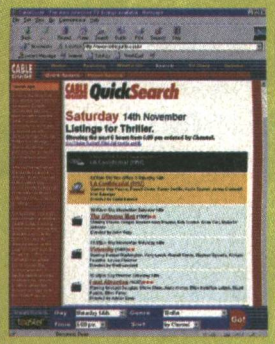
4.00pm Mr Lucky
Cary Grant, Laraine Day, Gladys Cooper, Charles Bickford
Comedy. A gambling con artist lands in Havana and plots a scam to use a war relief charity to raise money to fund his own gambling exploits. However, his priorities change dramatically when he falls in love with his latest would-be victim. *1943, rating Sky U, 95 mins*
6.00 The Disorderly Orderly
Jerry Lewis, Glenda Farrell, Susan Oliver, Everett Sloane
Madcap Jerry Lewis comedy. The bumbling hero is a hospital helper who brings more problems to the already troubled wards by taking on the characteristics of all the patients who are there.
1964, rating Sky PG, 85 mins
8.00 King of Comedy
Robert De Niro, Jerry Lewis, Sandra Bernhard
Unsettling, blackly comic portrayal of madness and obsession. Rupert Pupkin, an aspiring and unsuccessful comedian, is so desperate to get a spot on his hero Jerry Langford's chat show that he kidnaps the arrogant host. *1983, rating Sky PG, 104 mins*
10.00 Macon County Line
Alan Vint, Cheryl Waters, Geoffrey Lewis, Joan Blackman
Drama about a sheriff who suspects some local youths of being involved in a murder, and persecutes them as a result.
1973, rating Sky 15, 84 mins
11.30 Mr Lucky
Cary Grant, Loraine Day
Comedy about a gambling con-man who falls in love with his latest would-be victim. *1943, rating Sky U, 95 mins*
1.10am The Eighth Day
Daniel Auteuil, Pascal Duquenne
French drama. *1996, rating Sky PG, 113 mins*
3.10-5.30am Fanny
Leslie Caron, Maurice Chevalier
1961, rating Sky U, 128 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Philadelphia Story
Cary Grant, Katharine Hepburn, James Stewart, Ruth Hussey
Comedy. A bored heiress, destined for marriage to a stuffy executive, has her wedding plans thrown into disarray by the arrival of her dashing playboy ex-husband. What follows is a hilarious, often poignant observation of life and love among the super-rich.
1940, 108 mins
11.15 Buddy Buddy
Jack Lemmon, Walter Matthau
Black comedy about a hit man whose efforts to assassinate his latest target are hampered by the suicide attempts of the man in the next room. *1981, 92 mins*
1.15am The Biggest Bundle of Them All
Raquel Welch, Edward G Robinson
Comic crime caper. *1968, 104 mins*
3.15-5.00am The Last Run
Crime thriller. *1971, 92 mins*



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FILMFOUR
ADD-ON CHANNEL

6.00pm Edward Scissorhands
Johnny Depp, Vincent Price, Dianne West, Winona Ryder
Fairy-tale fantasy. Edward is a young man who was created by an inventor, but left uncompleted with shears where his hands should be. He faces first fame then fury when he goes to live in the suburbs with a woman and her family, including a teenage daughter. *1990, 100 mins*
8.10 Poor Cow
Carol White, John Bindon, Queenie Watts, Terence Stamp
Nick Moran introduces two of his favourite films, starting with Ken Loach's grim portrayal of the life of a working-class mother saddled with a criminal husband and a 'working' aunt who falls for her husband's friend..
1967, 97 mins
10.00 The Ninth Configuration
Stacy Keach, Scott Wilson, Jason Miller, Ed Flanders
Nick Moran's second choice of the night. A psychiatrist is sent to run an isolated castle used by the Government as an asylum for the armed services. However, he turns out literally to be the lunatic running the asylum.
1979, 115 mins
12midnight Angel Heart
Mickey Rourke, Robert De Niro
A private detective is engaged by a strange client. *1987, 108 mins*
1.50am The Omen
Gregory Peck, Lee Remick
Horror. *1976, 106 mins*
3.40-6.00am The Day of the Beast
Alex Angulo, Armando De Razza
Spanish horror film. *1995, 100mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive.* After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Stars Wesley Snipes and Tommy Lee Jones.
1998, Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is while avoiding the mysterious forces that seem intent on destroying him. Starring Rufus Sewell and William Hurt.
1998, Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Wednesday 7 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Went from Geek to Chic

3.00 Jenny Jones
I Want My Child to Stop
Parents express their concern over their children's taste in music, like listening to the controversial Marilyn Manson.

4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
Home Front
Sisko and Odo are getting ready for war with the Dominion and Earth is under threat. Text

6.00 Feature

6.30 Friends
The One with All the Jealousy
Ross jumps to the wrong conclusion about Rachel. Text

7.00 The Simpsons
Bart Sells His Soul
Milhouse gets Bart's soul. Text

7.30 The Simpsons
Homer's Phobia
Bart befriends a gay man. Text

8.00 Mortal Kombat: Conquest
Stolen Lies
Three Earth warriors are lured into a hidden city where the ultimate sacrifice is Kung Lao.

9.00 The X-Files
Wetwired
The agents investigate a series of murders linked to a device that alters television signals. Stars David Duchovny.

10.00 The Uninvited
NEW Narrated by Bruce Burgess, this special focuses on the truth about alien abductions.

11.00 Friends
The One with All the Jealousy
Ross develops jealousy over Rachel. Text

11.30 Star Trek: Deep Space Nine
Home Front
Sisko and Odo are getting ready for war with the Dominion. Text

12.30am
The Chris Evans Breakfast Show
1.30 Law and Order
Apocrypha
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Until Proven Guilty
Meadows is forced to grant bail to a loan-shark for the fourth time.

3.25 The Bill
The Hard Sell

3.55 EastEnders
Builders' steep estimates make Frank attempt some DIY.

4.30 Neighbours
Jim makes a shocking discovery about Philip's new car and Brad falls victim to a sinister curse.

5.00 Dynasty
The Vigil
After falling down the stairs, Blake is rushed to hospital and Adam desperately tries to convince him to sign a new will.

6.00 Dangerfield
Scars
Paul's instincts as a doctor draw him into a tangled web of deceit and prejudice when a problem arises with a PC who is a loner.

7.00 Last of the Summer Wine
Northern Flying Circus

7.40 Dad's Army
The Armoured Might of Lance Corporal Jones
The men add an armoured car to their fighting strength.

8.20 The Brittas Empire
Back from the Dead
The chilling news of Gordon Brittas' death reaches Whitbury.

9.00 Men Behaving Badly
Sex and Violence
Dermot invites Deborah for a romantic dinner.

9.40 Men Behaving Badly
My Brilliant Career
Gary is offered a new job.

10.20 Hamish Macbeth
Deferred Sentence
Hamish, holidaying alone on Laggan-Laggan Island, is drawn into a 20-year-old local mystery involving a priest and his Protestant sparring partner.

11.25 The Bill
Until Proven Guilty
Bail is granted to a loan-shark.

11.55 The Bill
The Hard Sell

12.25am Knowing Me, Knowing You... With Alan Partridge
Alan's guests include Roger Moore.
1.00 Dad's Army
Uninvited Guests
1.35-2.30am Backup
Not All There

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies
9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Can't Cook, Won't Cook 11.55 Maury Povich 12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme, featuring human interest stories, celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

4.30 Home and Away
More drama with the kids on the coast in Summer Bay.

5.00 Change of Heart
Dating show in which partners meet their dream date.

5.30 The Dating Game
Dating show in which guests choose looks or personality.

6.00 The Jerry Springer Show
Outrageous talk show in which Jerry and his guests engage in heated discussions.

6.50 Fashion Emergency
Makeover show.

7.15 Life, Camera, Action
Real-life drama on camera.

7.40 The Jerry Springer Show
Outrageous talk show in which Jerry and his guests engage in heated discussions.

8.30 FILM: Maid to Order
Ally Sheedy, Beverly D'Angelo, Valerie Perrine, Dick Shawn
Modern fairy tale in which a spoilt rich girl is cast out from the lap of luxury and forced to support herself by working as a maid. When her fairy godmother magically eliminates the past – together with the father who has always bailed her out – the brat finds a job working for a crass, self-centred Malibu couple. *1987*

10.30 Sextasy!
Raunchy late-night fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Home to Roost
1.30 Only When I Laugh
2.00 The High Chaparral

3.00 Cagney and Lacey
Beauty Burglars
The girls are assigned a special task force to investigate a gang who pose as police officers while they rob the wealthy patrons.

4.00 Minder
The Smaller They Are
Arthur and Terry get involved when a small time crook steals a suitcase crammed with half a million pounds.

5.00 Charlie's Angels
Angel Come Home
Farrah Fawcett-Majors returns for a guest appearance as a racing driver and finds herself protecting a friend's car from saboteurs.

6.00 Emmerdale
Chris wants Alex to move on.

6.30 Classic Coronation Street
Fred finally rescues Bet and Betty from the car in the lake.

7.00 Home to Roost
Thought for the Day

7.30 Only When I Laugh
In Sickness and in Health
Norman and Dierdre discuss their wedding arrangements.

8.00 Minder
The Smaller They Are
Arthur and Terry get involved when a small time crook steals a suitcase crammed with half a million pounds.

9.00 Cagney and Lacey
Beauty Burglars
American police drama.

10.00 Tommy Cooper

10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Babewatch UK
Tonight's show features a report from London Fashion Week.

11.30 V.P.L.
Alternative fashion programme presented by Francine Lewis.

12midnight
Lady Lust's Football Feva
Teresa May and her team of girls take a look at the world of football.
1.00am Talking Dirty
Fly-on-the-wall series.
1.20 Lady Lust's Lovelies
1.30-2.00am
Bigger Better Battling Babes
Beautiful babes grapple in the ring.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Big Blue House 9.55 Toothbrush 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB and J Otter 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Big Blue House 12.55 Toothbrush Family 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures with the beautiful mermaid Ariel. Text

3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text

4.00 101 Dalmatians
Canine capers.

4.30 Hercules: The TV Show
Hercules and the Hero of Athens Text

5.00 Recess Text

5.15 Pepper Ann Text

5.30 The Famous Jett Jackson
Hurricane Jules
Jett's mother visits him. Text

6.00 Smart Guy
TJ's a smart kid who jumps six grades at school. Text

6.30 Boy Meets World
It's Not You, It's Me....
Cory and Shawn fight. Text

7.00 FILM: Sword in the Stone
Alan Napier, Norman Alden
Animated adventure telling the story of King Arthur. A boy becomes Merlin's protegee, and pulls the Excalibar from the stone to become King. *1963*

8.20 Honey, I Shrunk the Kids: TV Show
Honey, They Call Me the Space Cowboy
Wayne goes back to 1864. Text

9.05 Double Dinosaurs
Prehistoric fun with the Sinclair family and their take on everyday life. Based on an idea by *Muppets'* creator Jim Henson.

10.00 Home Improvement

10.30 The Wonder Years

11.00 Touched by an Angel

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF . . .

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Disorderly Orderly
Sky Cinema 6.00pm
Director Frank Tashlin drew on his apprenticeship as a cartoonist to elevate the surreal slapstick of his collaborations with Jerry Lewis. This hospital-set comedy isn't their best film, but it does contain some inspired sight gags, such as the snow storm that rages out of a TV set.

GENERAL

The Oprah Winfrey Show
Sky One 10.00am
This is a talk show of the old school that now seems genuinely refreshing when compared to the outrageous histrionics of Oprah's rival Jerry Springer's guests. She retains a warm, easy-going charm and today's edition focuses on long-lasting marriages.

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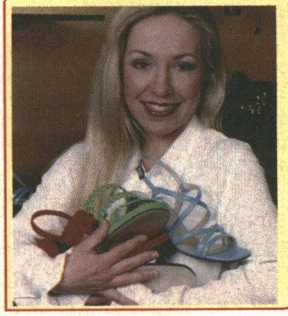
UK STYLE

LOOKING GOOD 9.00PM
Want to know what this year's summer statement is? Lowri Turner has all the answers in this new series packed full of brilliant ideas designed to change the ordinary into the extraordinary. Your wardrobe will never look the same again!

Wednesday 7 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Motorcycling
8.00 Cycling
Repeat of the third stage of the Tour de France.
10.00 Tennis – LIVE
ATP Tournament in Gstaad, Switzerland.
2.00pm Cycling – LIVE
Coverage of the fourth stage of the Tour de France, covering 191 km from Laval to Blois.

4.30 Cycling
Highlights of the fourth stage of the Tour de France, covering 191 km from Laval to Blois.

5.30 Truck Sports
Repeat of the fifth round of the FIA European Truck Racing Cup at the A1-Ring, Spielberg, Austria.

6.00 PM
6.00
Start Your Engines
Coverage of the Indy Racing League from Pikes Peak, USA.

7.00 PM
7.00 Tractor Pulling
Action from the first round of the European Cup in Bernay, France.

8.00 PM
8.00 Cycling
Highlights of the fourth stage of the Tour de France, covering 191 km from Laval to Blois.

9.00 PM

10.00 PM
10.00 Fitness
Action from June's European Championship in Tours, France.

11.00 PM
11.00
Start Your Engines
Coverage of the Indy Racing League from Pikes Peak, USA.

12.00 NIGHT TIME
12midnight-12.30am
Four Wheels Drive
Action from the Formula 4x4 Off Road race in Reykjavik, Iceland.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Live Wire
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Beach Rugby: Fullers Beach Rugby International
11.00 Cricket: Nat West Trophy – LIVE
Fourth round coverage.
2.30pm Second Innings: Angus Fraser – Trinidad

3.00 Cricket: NatWest Trophy – LIVE
Live coverage from the second session in one of today's top NatWest Trophy fourth round matches. Lancashire are the defending champions and will not want to relinquish their crown easily.

6.30
Sky Sports Centre
Catch up with all the latest news and views from the sporting world.

7.00 Copa America Football: Mexico v Venezuela and Brazil v Chile
Mexico will hope to overcome Venezuela while defending champions Brazil will be relying on 'the two Rs' – the formidable Ronaldo and Romario.
Repeat from Sky Sports 2

9.00 Golf: US Seniors Open 1998 Official Film
Relive one of the tightest finishes in the tournament's history.

10.00
Sky Sports Centre
10.15 Cricket: Nat West Trophy
Highlights from one of today's top matches in the fourth round of the NatWest Trophy.
11.45
Sky Sports Centre
All the major headlines from the world of sport.
12midnight
Rugby League World
The best of the action from all over the world.
1.30am Watersports World
2.30 Speedway: Elite Speedway League
5.00-5.15am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre 7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Xtreme Sports Unlimited 10.00 Wheelbase Club 11.00 Premier Snooker League 12noon Golf: Mastercard Tour – Prince's Tournament 1.00pm Copa America Football: Mexico v Venezuela and Brazil v Chile

3.00 Wheelbase: Wheelbase Club
More action-packed British motorsport featuring everything from auto-tests to hill-climbs.

4.00 Watersports World
A guide to everything aquatic from powerboating and jet-skiing to water-skiing and canoeing.

5.00 Golf: US Seniors Open 1998 Official Film
Another chance to view the golf from last year's US Senior Open.

6.00 Golf Extra
Essential viewing for golfing enthusiasts or those who would simply like to know more about the game. This programme offers a comprehensive round up of all the significant action.

7.30 Speedway: Elite Speedway League – Oxford v Belle Vue – LIVE
Another rip-roaring clash on the cinder ovals as Oxford and Belle Vue go head to head. The Elite Speedway League attracts the world's best riders and more thrills and spills are guaranteed.

10.00 European Tour Weekly
The Euro Tour Golf round-up, including action, results and forthcoming events.
10.30 Golf Extra
All the major players and the tournaments in which they appear are featured on golf's essential and most comprehensive round-up.
12midnight Copa America Football: Colombia v Ecuador and Argentina v Uruguay – LIVE
The second favourites, Argentina, face Uruguay in Paraguay.
4.00am-4.15am
Sky Sports Centre

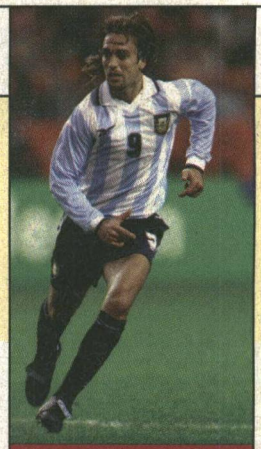
SKY SPORTS 3
PREMIUM CHANNEL

12noon WWF – Shotgun
News from the previous week's action.
1.00pm Xtreme: Sports Unlimited
2.00 Pool: International Pool Masters Semi-Final
Coverage of one of the semi-finals of the International Pool Masters at the Stakis Hotel in Bradford as some of the world's finest players aim to clean up and secure their place in the final.

3.30 Golf: Mastercard Tour – Prince's Tournament
Action from the latest leg of the MasterCard Tour, from the Prince's course in Ireland, featuring many of European golf's finest young prospects.
4.30 Fastrax
5.00 WWF – Shotgun
Catch the World Wrestling Federation at its best, as Michael Cole and Kevin Kelly provide up-to-the-minute news.

6.00
World Motocross Championship
6.30 The Winning Post: Epsom/ Worcester – LIVE
Join Jeff Stelling for another evening of top quality horse racing action from the meetings at Epsom and Worcester.

8.30
Rugby League World
A look at all the latest rugby league news, from the battlefields of the Super League to the intensity of the Australian National Rugby League championship. With something for die-hards and newer fans alike.
10.00-11.30pm Pool: International Pool Masters Semi-Final
Coverage of one of the semi-finals of the International Pool Masters at the Stakis Hotel in Bradford, as some of the world's finest players aim to clean up and secure their place in the final.



Will Uruguay be able to contain Argentinan striker Gabriel Batistuta in the Copa America? Sky Sports 2 12midnight – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Best of Ray's Round
7.00
Junior Masterfan
The search for the Manchester United 'megabrain' is on again.
7.30 Red Legends
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match – Premier Classic
Action from a classic game from the Premiership.
9.30 Red Hot Update
9.35 Super Match – Premier Classic continued
The action from tonight's classic match continues.
10.30 Red Hot News
10.45
Super Match Shorts
Another dose of golden memories from the past.
11.00
Reserves Replayed
11.30-12midnight
Masterfan – Final
The fan who knows the most about United.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre
12noon The Twilight Zone
1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Greetings from Earth
Apollo and Starbuck intercept a primitive ship floating through space.
4.00
The Incredible Hulk
Captive Night
Superhero series starring Bill Bixby, Lou Ferrigno and Jack Colvin.
5.00 Sightings
Extraordinary real life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.
6.00
The Invisible Man
Man of Influence
Doctor Dan Western undertakes another dangerous mission.
7.00 The Six Million Dollar Man
The Bionic Boy – Part II
Steve Austin is sent to aid a boy due to receive a bionic implant.
8.00 The Net
Y2K: Total System Failure
The Praetorians prematurely trigger the Millennium Bug in an effort to create havoc.
9.00 Dark Skies
Inhuman Nature
John and Kimberley question a dairy farmer about the unusual deaths of some of his herd.
10.00
FILM: Videodrome
James Woods, Deborah Harry, Sonja Smits
A cable TV programmer who is a closet voyeur,discovers a show called *Videodrome* which appears to depict actual tortures and murder. *1983.*
11.40
Sci-Focus Special
12midnight
PSI Factor – Chronicles of the Paranormal
1.00am FILM: Pulse
Joey Lawrence, Cliff De Young, Roxanne Hart
Sci-fi thriller. *1988*
2.40 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
ARGENTINA V URUGUAY
SKY SPORTS 2 12MIDNIGHT

Along with Germany, Argentina are traditionally England's greatest footballing adversaries. It is unlikely then, that English fans of the game, who have followed this tournament so far, will be rooting for the second favourites as they take on Uruguay. Still, you have to enjoy the flair with which men like Diego Simeone, Gabriel Batistuta and Ariel Ortega play the game. For added domestic interest, Chelsea's Gustavo Poyet might find himself in the Uruguay team.

ITV2
ACCESS PACK

4.00pm Trisha
5.05 The Mix
A weekly rundown of charts, gossip and interviews, presented by Shovell.
6.05 Wilmot
Wilmot and the Rollercoaster
It's Wilmot's birthday and Terry helps choose a present – with surprising results.
6.30 Bedrock
7.30 Sport Zone: Board Wild
A look at board sports.
8.00 Chequered Flag
Motoring magazine that reviews the latest races.
9.00 Family Life
9.30 Desperately Seeking Stardom
Documentary following six aspiring young actors, as they struggle to find work in Hollywood.
10.00 Holidays from Hell
Holiday disasters.
10.30 For Better for Worse
11.00 Coronation Street
11.30 Emmerdale
12midnight Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
1.00am Wide Angle
Katie Derham looks at the week's news, and how it has been covered by the media.
1.30-2.00am Trevor McDonald Meets...
Trevor McDonald interviews prominent figures.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Adult Feature
12.20 FILM: Hard Talk
1.00
The Five Minute Free View
1.05 FILM continues
1.30 FILM: Dance Naked
2.40 FILM: Back Street
3.50-4.00am Carly
Erotic feature.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Wednesday 7 July

Chart hits from Sharleen Spiteri and the band in 'Greatest Hits of ... Texas'. VH1 1.00pm, 6.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
Hosted by Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30 The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
Hosted by Tim Vine.
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical.
9.00
Stars in Their Eyes
Amateur singers have the chance to be a star.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in Challenge TV's brand new late night quiz.
11.00
Celebrity TV Bloopers
The mistakes that stars hoped you would never see, exposed in all their uncut glory.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Judge Judy 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
The Fashion Show
Review of catwalk trends.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30
Strip Masterbrain
11.45 Janeycam
12midnight Compromising Situations 12.30am Private Dancer 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 From the Ground Up 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm A Year at Ballymaloe 1.00 Coxon's Kitchen College 1.30 Turner's Tour of Hong Kong 2.00 Newman Meets 2.30 Food Network Daily 3.00 Tastes of Britain 3.30 Aldo and Friends 4.00 A to Z of Food and Beauty
Joints
4.30-5.00pm Simply Baking
Old favourites and new ideas.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Eastern European Food
5.30 Get Smart
One of Our Olives Is Missing
6.00 I Spy
Bridge of Spies
Spoof spy series. An enemy agent befriends Kelly and Alex to extract classified information.
7.00 Boon
The Belles of St Godwalds
Harry and Ken investigate some strange goings-on at a private school for girls. With Michael Elphick.
8.00 Blues and Twos
3-5 On Scene
8.30 Superchefs
Vineet Bhattia v Ed Baines
Tonight Ed Baines cooks spinach fish stew.
9.00 Soldier, Soldier
Award-winning drama series about the officers and men of the King's Fusiliers infantry regiment.
10.00 Pie in the Sky
The Mild Bunch
Fisher teams Crabbe with a disabled policeman to look for two elderly con-women.
11.00
Hill Street Blues
Pestolozzi's Revenge
Captain Furillo's career is on the line when he is called to testify.
12midnight-1.00am
I Spy
Bridge of Spies
Spoof spy series. An enemy agent befriends Kelly and Alex to extract classified information. Stars Bill Cosby.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Blaze
2.00 The Dolphin: Born to Be Wild
One activist attempts to persuade the Bahamian government to reduce the trade in these mammals.
3.00 Two Worlds
World of the Dolphin
3.30 Wild at Heart – Dolphins of Kaikoura Bay
Spectacular footage.
4.00 Giants of the Mediterranean
Three-and-a-half thousand fin whales live off the coast of Italy and France, and around Corsica.
5.00 Wildlife SOS
The helpers at the centre attempt to deal with the aftermath of a fire.
5.30 Wildlife SOS
A goose has its leg reset.
6.00 Pet Rescue
Wendy Turner and Mark Evans follow the fortunes of abandoned animals.
6.30 Pet Rescue
With Wendy Turner.
7.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets.
7.30 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets.
8.00 Judge Wapner's Animal Court
Judge Wapner presides over animal-related cases.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
A behind-the-scenes look at the work of a busy veterinary practice.
9.30 Emergency Vets
Dr. Crow examines a dog.
10.00 Emergency Vets
A behind-the-scenes look at a veterinary practice.
10.30 Emergency Vets
11.00-12midnight Untamed Africa
Legacy
The young animals realise they need speed and strength to survive.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Columbus and the Age of Discovery 7.55 Armada 9.00 The Kon-Tiki Man 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Birth of Horror 12noon Lion Country 12.30pm Life on Ice 1.00 Clive James – Postcard from Miami 2.00 The Marriage
3.00 Trust Me, I'm a Doctor
With Dr Phil Hammond.
3.30 Crime Limited
Series offering help to crime victims.
4.00 Holiday Reps
In Menorca, Eve's friends have arrived for their annual holiday.
4.30 Esther
Richard Branson
5.00 Lion Country
With Paul Heiney.
5.30 Tiger of the Highlands
Film following Britain's last remaining large carnivore.
6.00
Decisive Weapons
Darkness Visible – The Stealth Fighter
6.30 War Walks
Somme
7.00 Ice Mummies
Frozen in Heaven
The series that reveals the secrets of ancient frozen bodies investigates the burial rituals of the Incas.
8.00 Big Cat Diary
Wildlife reports from Kenya's Masai Mara.
8.30 Vets in Practice
Julie Richards has to deal with a terrier.
9.00 Jailbirds
Four Leaf Clover
9.30 Jailbirds
Naughty Ladies
Jackie Wenn talks about her work at New Hall.
10.00 Airport
A look behind the scenes at Heathrow airport.
10.30 War and Piste
I Know What Time You Came in Last Night
11.00 Top Gear GTi
12midnight UFO Diaries
Project Blue Book
12.30am-1.00am UFO Diaries
UFOs – True or False

UK PLAY:
1.00 Game On 1.35 Podge and Rodge 1.45 Lucas and Walliams in Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Jamie Theakston 3.45 Phone Zone 5.30 Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Livetime 7.00 Livetime 7.50 Consuming Passions 8.00 View 8.50 Passions 9.00 Simply Greek 9.30 Craftwork 10.00 Intimate Portrait 10.30 Behind the Velvet Ropes 11.00 Rosemary Conley 11.30 Gardeners' Diary 12noon Montel Williams 1.00pm Health Livetime 2.00 The View
3.00 Health Livetime
A look at conventional treatments and alternative remedies, plus all your health queries answered by a top TV doctor.
4.00 The Montel Williams Show
Racist Neighbours
Award-winning U.S. chat show host Montel Williams uses his unique approach.
5.00
Gardeners' Diary
5.30-6.00pm
Rosemary Conley's Low-Fat Cook Book

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Secret Leopard
This award-winning film reveals the family life of Africa's most charismatic animal.
8.00
Assault on Manaslu
Follow a group of Swiss climbers as they set out to conquer Mount Manaslu, a 26,000 feet peak in Nepal.
9.00 Jaguar: Year of the Cat
These cats are members of the killer élite but they are also a credit to the natural world.
10.00 Puma: Lions of the Andes
A journey through the plains of Patagonia, one of the few remaining refuges of the puma.
11.00 The Killer Elite
Despite being some of the most daunting predators ever to walk the Earth, it has also been found that dinosaurs had a soft-side.
12midnight World of Sea
This episode meets some of the people who have chosen to protect the world's seas from the results of man's negligence.
12.30am-1.00am Sumatra: A Curious Kindness
Taking a look at Sumatra.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Eden 10.30 FILM: Women of South Beach 12midnight Freeview 12.10am Filthy First Timers 12.35 Suburban Sex Secrets 12.50 FILM: House of the Rising Sun 2.10 Lap it Up 2.30-4.00am FILM: Rainwoman 8

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 11.00 brand:new 12noon Mad 4 Hits 2.00pm European Top 20 3.00 Bytesize MTV 4.00 Select MTV 6.00 Bytesize MTV 7.00 brand:new
MTV's irreverent look at new stuff with Zane Lowe.
8.00
The Lick R&B Chart Show
9.00 News 9.30 Say what? 10.00 MTV Live 10.30 Essential Prodigy 11.00 Mad 4 Hits
More massive, non-stop chart hits.
12midnight YO! 1.00am MTV Live 1.30 Essential Prodigy 2.00-6.00am Night Videos
Four hours of videos for the insomniac in us all.

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12.00 Ten of the Best: Des'ree 1.00pm Greatest Hits of... Texas 1.30 Pop-Up Video 2.00 Jukebox 4.30 Talk Music 5.00 VH1 Live 6.00 Greatest Hits of... Texas 6.30 VH1 Hits 9.00 Bob Mills' Big 80's 10.00 The Millennium Classic Years: 1975 11.00 Gail Porter's Big 90's 12midnight VH1 Flipside 1.00am Around and Around 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 The Antiques Inspectors 11.00 The House Detectives 11.30 Moving People 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 A Taste of Africa 2.00 Style Street 2.30 How Does Your Garden Grow? 3.30 Travel Show Guides 4.00 Travel Show Guides 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Looking Good 9.30 Good Living 10.00 Home Front 10.30 The House Detectives 11.00 Peter Seabrook's Gardening Week 11.30 Growing Places 12midnight Gardeners' World 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Wednesday 7 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Close Guide 9.00 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt's Fishing Adventures 12noon Car Show 12.30pm Close Guide 1.00 Hometime 1.30 Our House 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Blue-throated parrot fish.
4.30 Walker's World
Finland
Playing ice golf in Lapland.
5.00 Flightline
Research into the effects of ice on aircraft.
5.30 Ancient Warriors
Knights Templar
Christian warrior monks.
6.00 Zoo Story
Series looking behind the scenes at London Zoo.
6.30 The Lion's Share
A look at the lion's ability to defend its territory.
7.30 Great Escapes
Trapped in Death Valley
The survival story behind a British Army expedition to Mount Kinabalu, Borneo.
8.00 Chariots of the Gods – The Mysteries Continue
Could aliens have visited Earth and helped to shape the history of civilisation?
9.00 Tarantulas and Their Venomous Relations
A tarantula from Ecuador that is the only specimen of this species in existence.
10.00 The Guillotine
The gruesome history of the machine symbolising the French Revolution, from early executions to its use in Nazi death camps.
11.00 The U-Boat War
During six months in 1942, nearly one thousand allied merchant ships were destroyed by U-boats in the Atlantic Ocean.
12midnight Extreme Rides
The gut-wrenching insanity of some of the world's most extreme rides.
1.00am Flightline
The king of aerobatic planes is put through its paces.
1.30-2.00am Ancient Warriors
Knights Templar

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby Doo 10.00 Tidings 10.15 Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
3.30 Scooby Doo
Those pesky kids step out of the Mystery Machine into another adventure.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos.
5.00 I Am Weasel
5.30 Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Animaniacs
6.30 The Flintstones
Fred and Barney get involved in more Stone Age shenanigans in the classic cartoon series.
7.00 Tom and Jerry
Madness and mayhem in the on going feline/rodent war.
7.30 Looney Tunes
Classic cartoons.
8.00 Cartoon Cartoons
8.30-9.00pm Freakazoid!

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/Budgie/Animal Antics/Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC

3.30 Brothers Flub
Animated antics with Guapo and Fraz, delivering parcels to bizarre planets.
4.00 Angry Beavers
Animated antics.
4.30 Rugrats
More fun with the tousle-headed nippers with the overactive imaginations.
5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
6.00 Sabrina, the Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Out Alone
7.30 Caroline in the City
8.00 Desmond's
Barber-shop sitcom.
8.30 Just Shoot Me
Twice Burned
Jack wants his daughter admitted to a private school.
9.00 Seinfeld
The Note
Jerry tries to get a top-of-the-line massage free.
9.30 Cybill
Let's Stalk
10.00 Frasier
Beware of the Greeks
Frasier's cousin, Nikos, is getting married.
10.30 Cheers
It's Lonely At The Top
11.00 Drop the Dead Donkey
Gus plans a dinner in honour of Sir Roysten.
11.30 Whose Line Is It Anyway
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers 6.30 Power Rangers 6.55 Spiderman 7.20 Oggy and the Cockroaches 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The newest mutation of the turtles are here.
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the enemy: adults!
5.30 Ace Ventura
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Jewellery Box
Another chance to see the best-selling jewellery from the past week!
8.30 Branded!
Casual style from the biggest names in the business!
9.30 Fitness Zone
10.00 Beauty Secrets
The natural way to stay beautiful with sea and spa treatments for body and hair.
11.00 The Gold Collection
12noon Cook's Den
Shop! recommends the best kitchen appliances for you!
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 Shop! Selection
A round-up of the latest best-sellers from Shop!
2.30 The Gift Store
Perfect present ideas to suit every budget.
3.00 Travel Bag
An hour of great ideas to make your holiday perfect!
4.00 Collectors' Shop!
5.00 Shop! Selection
6.00 Beauty Secrets
The natural way to stay beautiful with sea and spa treatments for body and hair.
7.00-8.00pm Travel Bag

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 11.00 News 1.30pm UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.30 World Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 World Business 8.30 Q&A 9.30 Insight 10.00 World Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fox Files 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Global Village 4.00 News on the Hour 4.30 Fashion TV 5.00 News on the Hour 5.30-6.00am CBS News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Funambule 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Les Coeurs Brûlés 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 12.45 Passe-Moi les Jumelles 1.00 Journal 1.15 Les Coeurs Brûlés 3.00 Journal 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions Pour un Champion 5.00 Journal 5.15 Les Coeurs Brûlés 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Jasmine 10.15 Documentaire: Splendeurs Naturelles d'Europe 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Subah AAJ Tak 8.30 Jai Veer Hanuman 9.00 FILM 11.30 News 12noon Balcony 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Vantoosh Ka Funtoosh 4.30 Mahanagar 5.00 Roag 6.00 Edit 6.30 Asianet Aur Aap 7.00 Sanasar 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Balcony 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aarti 4.30 A Mouthful of Sky 5.00 Sansar 5.30 Mumkin 6.00 Vantoosh Ka Funtoosh 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Namaste India 8.30 Tara-2 9.00 Rishtey 10.00 Dhoop Kinarey 11.00 Khoobsurat 11.30 Parampara 12noon FILM 3.00pm Do Aur Do Paanch 3.30 Hip Hip Hurray 4.00 Filmi Chakkar 4.30 Cross Fire 5.00 Jungle Book 5.30 Hasratein 6.00 Classics of Sa Re Ga Ma 7.00 Baat Ban Jaye 7.30 Banegi Apni Baat 8.00 News Bulletin 8.30 Amanat 9.00 Deewanagi 10.00 Knock Knock Kaun Hai 10.30 Woh 11.00 Purush Kshetra 12midnight News 12.30am Pakistan Business Week 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM Kuldipak 5.00 Hasya Tena Ghar Vasya 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Let the Fire Burn 5.30 7 a Vivre 6.00 Life is for Living/Hillsong 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Revival Now 9.00 Another Day of Victory 9.30 Rick Joyner 10.00 Dr A R Bernard 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 4.49 Kavanagh's Picks

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30am House of Commons 11.00pm The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon The Search for the Abominable Snowman
12.55pm Photos for the Future
1.00 Biography
Shakespeare
Profile of the writer.
2.00 Biography
Mary of Nazareth
3.00 World War I
The Doomed Dynasties
3.30 Men in Crisis
Kefauver Vs The Syndicates
4.00 War: The Inside Story
5.00 Classic Cars
Corvette
6.00 Secrets of Sex
A between-the-sheets study.
6.55 Photos for the Future
7.00 Biography
Michelangelo
8.00 Biography
Chairman Mao
9.00 World War I
Atrocity 1914
9.30-10.00pm Men In Crisis
Mao Tse-tung vs Chang Kai Shek

TV TRAVEL SHOP
BONUS CHANNEL

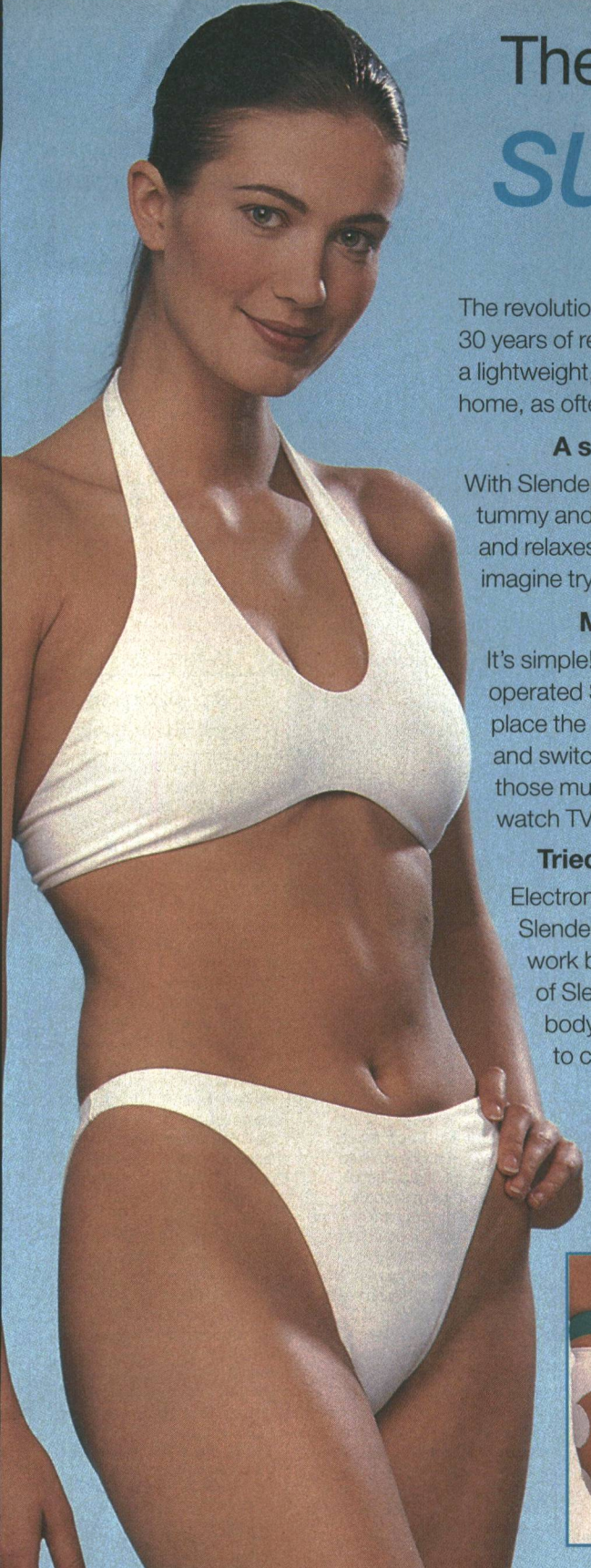
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 11.00am.

CABLE CHECK
Some of the channels listed may not be available in your area

The simplest way to get a great *summer shape*



Let Slendertone Body take the strain

The revolutionary Slendertone Body will firm and tone your figure while you just relax. 30 years of research and development bring you effective salon-style treatment in a lightweight, portable unit. And it's so easy to use in comfort and privacy at home, as often as you choose!

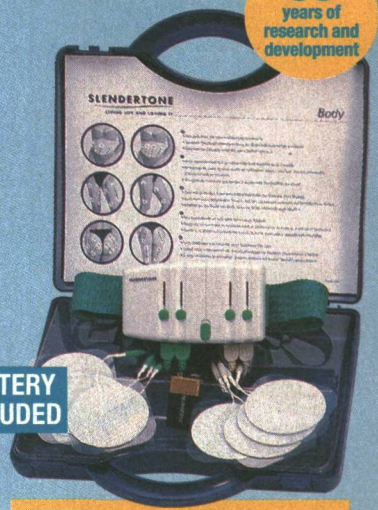
30 years of research and development

A streamlined figure in just 3 weeks!

With Slendertone Body, you can easily achieve a flatter tummy and shapelier bottom in just 3 weeks! It contracts and relaxes your muscles 240 times in only 40 minutes – imagine trying to do that number of sit-ups!

Maximum results, minimum effort

It's simple! Adjust the belt holding the small battery-operated Slendertone Body unit around your waist, place the pads on the muscles to be exercised and switch on. Just sit back, relax and watch those muscles work. Or you can walk the dog, watch TV or whatever you choose.



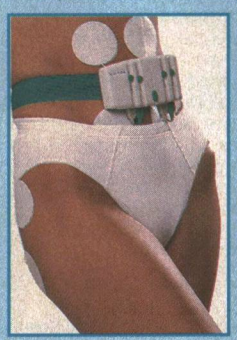
BATTERY INCLUDED

Tried, tested and acclaimed by experts

Electronic Muscle Stimulation (EMS), used in Slendertone Body is developed from the pioneering work by Bio Medical Research, the manufacturers of Slendertone. Try this totally safe* and portable body beautifier and reap the benefits for years to come.

The easy way to pay

For the price of just a few trips to the gym, the complete Slendertone Body programme is yours to keep. Payment can be made in 3 easy instalments of just **£36** (including postage and packing).†



So order yours today – just call the credit card hotline on **0845 070 77 77** with your card details or complete the coupon below.

***If you suffer any illness or ongoing medical condition please consult your doctor before ordering.**

SLENDERTONE Body

What you get

- The totally portable, battery-operated Slendertone Body unit with replaceable self-adhesive exercise pads** (battery included)
- FREE demonstration video and instruction manual
- 4 detachable leads – for complete versatility
- Compact carrying case – ideal for travel
- Advice and service from the Slendertone Careline
- 12 month product guarantee
- Complete satisfaction or your money back

****Self-adhesive pads will need replacing between 30 and 50 uses at a cost of £16. Long life strap-on exercise pads, which last up to 5 years, are available as an optional extra for £26.**

Bio Medical Research, 12 Fenton Way, Southfields, Basildon SS15 6TY

SLENDERTONE
LIVING LIFE AND LOVING IT

FREE VIDEO

An easy to follow demonstration video showing you exactly how to use your Slendertone Body for amazing results.

CREDIT CARD HOTLINE

To place your order by credit card – or to receive your FREE video and information on other toning products from Slendertone, please call the Slendertone credit card hotline quoting ref BSB/CG1/99 (local call charge only).

☎0845 070 77 77

MONEY BACK GUARANTEE

We are confident that you will be absolutely delighted with your Slendertone Body. If, however, you are not completely satisfied, simply call our customer careline on 0845 070 77 77, within 30 days for a full unconditional refund or replacement, whichever you prefer.

To order, simply complete this coupon and post in an envelope with your payment to:
Slendertone UK, 12 Fenton Way, Southfields, Basildon SS15 6TY

MOPS

YES, I would like to order a Slendertone Body for just £99.95 plus £5.95 p&p† (total £105.90).

Name (Mr/Mrs/Miss/Ms)

Address

Postcode

Tel. No.

☐ I am ordering for myself ☐ I am ordering as a gift

Please tick method of payment:

☐ **A single payment of £105.90.**

☐ By cheque payable to Slendertone UK (please write your cheque guarantee card number on the back).

☐ By credit/debit card. Please debit my Access/Visa/Switch/Delta for £105.90.

☐ **By instalments.**

☐ By cheque. I enclose 3 cheques payable to Slendertone UK. for £36 each, dated at monthly intervals. (Please write your cheque guarantee card number on the back of each cheque).

☐ By credit/debit card. Please debit my Visa/Access/Switch/Delta for 3 payments of £36 each dated at monthly intervals.

Acct/card No: (Switch only)

Start date ____/____ Switch issue no. ____/____

Expiry date ____/____

Signature

☐ I would like to receive a FREE video demonstrating the Slendertone product range.

†£5.95 p&p applies to UK only For non UK international courier delivery– £35.95.

Please allow up to 14 days for delivery. BSB/CG1/99

If you would prefer not to receive information from other companies with products or services which may be of interest to you, please tick this box ☐

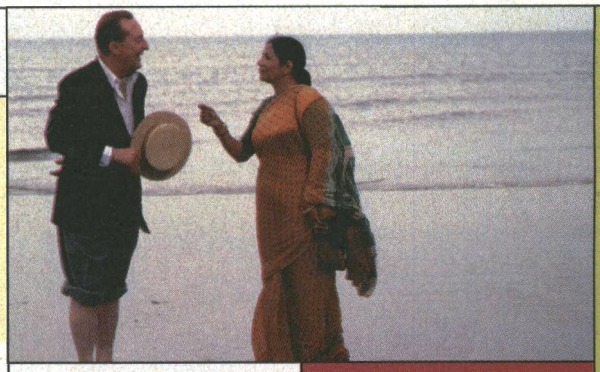
Thursday 8 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Just Like Dad
1995, rating Sky PG, 97 mins
8.00 Mr. Mum
1983, rating Sky PG, 87 mins
10.00 Family Plan
Leslie Nielsen, Judge Reinhold
Text *1997, rating Sky PG, 92 mins*
12noon Lionheart
Eric Stoltz, Gabriel Byrne
Epic children's adventure. *1986, rating Sky PG, DS, 100 mins*
2.00pm Just Like Dad
Wallace Shawn, Ben Diskin, Nick Cassevetes, Laura Innes
Comedy drama. A young boy is embarrassed by his 'dull' father, and invents a more exciting stand-in and finds his own popularity soars.
1995, rating Sky PG, 97 mins
4.00 Mr. Mum
Michael Keaton, Teri Garr, Martin Mull, Ann Jillian
When Jack loses his job at a car factory he and his wife agree that he should stay home while she works. But Jack finds the domestic chores, his three children and the neighbourhood gossips harder work than he bargained for.
1983, rating Sky PG, 87 mins
6.00 Family Plan
Leslie Nielsen, Judge Reinhold, Eddie Bowz, Emily Procter
Comedy. A group of fun-loving orphans wage war against a greedy developer who wants to turn their summer camp into a luxury holiday resort. While the kids dream up all kinds of schemes , the day of the closure looms ever nearer. Text
1997, rating Sky PG, 92 mins
8.00 Men in Black
Tommy Lee Jones, Will Smith, Linda Fiorentino, Rip Torn
Agent J (Smith), the newest recruit to the super secretive Men in Black, and his partner Agent K (Jones) must find and stop an intergalactic terrorist before he assassinates two ambassadors from opposing galaxies. Text
1997, rating Sky PG, 94 mins
10.00
Barry Norman's Film Night
10.30 Fled
Laurence Fishburne, Stephen Baldwin, Will Patton
Action adventure about a pair of ill-matched escaped convicts trying to evade the law – with mixed results. With Federal Marshals and the Cuban mafia on their tail, they have to learn to work together and put their trust in each other. Text *1996, rating Sky 18, 94 mins*
12.10am Head Above Water
Harvey Keitel, Cameron Diaz
Black comedy. Text *1996, rating Sky 15, 88 mins*
3.30-5.30am Dead Again
Kenneth Branagh,Derek Jacobi
Detective story.
1991, rating Sky 15, 103 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Microcosmos
Widescreen *1997, rating Sky U, 72 mins*
9.00 Melanie Darrow
1997, rating Sky PG, 83 mins
11.00
The Legend of Wolf Mountain
Bo Hopkins, Nicole Lund
1992, rating Sky PG, 88 mins
1.00pm Love on the Edge
Sean Young, Perry King
1998, rating Sky PG, 89 mins
3.00 Melanie Darrow
Delta Burke, Brian Bloom, Bruce Abbott, Wendel Meldrum
Flamboyant lawyer Darrow is defending a man accused of killing his wife to inherit her fortune, and is convinced of his innocence – despite the fact that his client was found standing over the body holding the murder weapon.
1997, rating Sky PG, 83 mins
5.00 The Legend of Wolf Mountain
Bo Hopkins, Nicole Lund, Robert Z'Dar, David Shark
Family adventure. Three children find themselves lost and alone on a mountain after fleeing from two escaped convicts who had taken them hostage. During the night, one of the children has a strange dream. *1992, rating Sky PG, 88 mins*
7.00 Love on the Edge
Sean Young, Perry King, Priscilla Barnes, David Groh, George Pilgrim
Romantic adventure. A spoilt actress finds herself stranded in the middle of nowhere after a car accident. If she is to have any hope of getting back home safely, she must accompany a cowboy on his cattle drive.
1998, rating Sky PG, 89 mins
9.00 The Pest
John Leguizamo, Jeffrey Jones, Edoardo Ballerini, Aries Spiers
Comedy. A con artist who owes money to a criminal mob agrees to be a human target for a crazed Nazi manhunter in return for $50,000, the exact sum he owes to the mob. All he has to do to collect the money is survive. Text
1997, rating Sky 12, 81 mins
11.00 Darkman
Liam Neeson, Frances McDormand, Colin Friels
Fantasy thriller. A scientist becomes a shadowy superhero.
1990, rating Sky 18, 91 mins
12.35am Final Justice
1998, rating Sky 15, 88 mins
2.10 Deadlocked: Escape from Zone 14
1992, rating Sky 15, 89 mins
3.45 Swearing Allegiance
1997, rating Sky 15, 89 mins
5.20-6.45am Microcosmos
Widescreen
1997, rating Sky U, 72 mins



Peter Cellier and Lalita Ahmed star in the comedy drama 'Bhaji on the Beach'. FilmFour 10.00pm

SKY CINEMA
PREMIUM CHANNEL

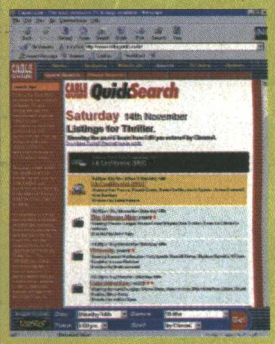
4.00pm Notorious
Cary Grant, Ingrid Bergman, Claude Rains, Louis Calhern
Alfred Hitchcock thriller about a glamorous woman who agrees to marry a high-profile Nazi in order to help a handsome American spy uncover a network of Nazis based in South America. But then her husband learns of her involvement with the CIA.
1946, rating Sky U, 101 mins
6.00 The Fiend Who Walked the West
Hugh O'Brian, Robert Evans, Dolores Michaels
Grisly thriller about a brutal killer who, fresh out of jail, embarks on a shocking campaign of violence throughout the wastelands and deserted industrial settings of the American west. In black and white.
1958, rating Sky PG, 97 mins
8.00 Wall Street
Michael Douglas, Charlie Sheen, Daryl Hannah, Terence Stamp
Drama about a young dealer who, seduced by money and power, hooks up with a high-powered company trader and is forced to compromise his morals and 'sell his soul' for success. Michael Douglas won an Oscar for his portrayal of the slimy Gordon Gekko. Text *1987, rating Sky 15, DS, 120 mins*
10.05 Dead Ringers
Jeremy Irons, Geneviéve Bujold, Heidi Von Palleske
Dark psychological thriller about identical twins Elliot and Beverley. Inseparable as children and as adults, both enter the same profession, but everything changes when they fall in love with the same woman.
1988, rating Sky 18, 111 mins
12midnight Notorious
Ingrid Bergman, Cary Grant
Hitchcock thriller. *1946, rating Sky U, 101 mins*
1.50am The Legend of Hell House
Roddy McDowall, Pamela Franklin
1973, rating Sky 15, 90 mins
3.25-5.15am Lucky Me
Doris Day, Bob Cummings
1954, rating Sky U, 96 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm
Bad Day At Black Rock
Spencer Tracy, Robert Ryan, Anne Francis, Dean Jagger
Drama in which a stranger arrives in a remote hamlet in the American West, in search of a Japanese farmer who has disappeared. His inquiries whip up a storm of anger and rage, turning the townspeople to violence. *1955, 78 mins*
11.00 Somebody Up There Likes Me
Paul Newman, Pier Angeli, Everett Sloane, Eileen Heckart
Biopic of middleweight boxer Rocky Graziano who, despite a childhood of devastating poverty in New York City, became the world champion. *1956, 109 mins*
1.15am The Fixer
Alan Bates, Dirk Bogarde
Drama. *1968, 127 mins*
3.30-5.00am
Bad Day at Black Rock
Drama. *1955, 78 mins*



WANT TO KNOW WHICH WINONA RYDER FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Beautiful Blonde from Bashful Bend
Betty Grable, Porter Hall, Rudy Vallee, Cesar Romero
Betty Grable stars as a gun-toting saloon bar singer on the run, who ends up posing as a frontier town schoolteacher and making a romantic play for a gold mine owner. *1949, 74 mins*
7.45
Little Women in Transit
8.00 Little Women
Winona Ryder, Trini Alvarado, Claire Danes, Kirsten Dunst, Susan Sarandon
Adaptation of Louisa May Alcott's classic novel. The devoted sisters of one family grow up in Civil War America while their father is fighting, eventually moving away from their family home in New England.
1994, 113 mins
10.00 Bhaji on the Beach
Sarita Khajuria, Lalita Ahmed, Shaheen Khan, Peter Cellier
Charming story about a group of Asian women, both young and old, who decide to escape from the pressures of their various lives for a hilarious day trip to the beach visting the Mecca of sunshine – Blackpool.
1993, 96 mins
11.45 Nice Arrangement
12midnight Paper Mask
Paul McGann, Amanda Donohoe
A hospital porter looking for a change in his life assumes the identity of a doctor killed in a car crash. Using this alias, he gets a job in a large hospital.*1991, 100 mins*
1.50am-6.00am The Kingdom
Hospital-set film in the style of a soap opera . *1994, 280 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Starring Wesley Snipes and Tommy Lee Jones.
1998, Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is while avoiding the mysterious forces that seem intent on destroying him. Stars Rufus Sewell and William Hurt.
1998, Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Feuding Guests

3.00 Jenny Jones
I Disapprove of your Inter-racial Relationship
Jenny talks to guests who disapprove of a loved one's inter-racial relationship.

4.00 Guilty!
Guilty! tackles the crimes and misdemeanours committed by friends, lovers, families and colleagues at work.

5.00 Star Trek: Deep Space Nine
Paradise Lost
While earth prepares for war, Sisko and Odo discover a Starfleet conspiracy. Text

6.00 Feature

6.30 Friends
The One where Monica and Richard are Friends Text

7.00 The Simpsons
Bart Star Text

7.30 The Simpsons
A Fish Called Selma
Troy McClure starts dating Marge's sister Selma. Text

8.00 Dilbert
Y2K

8.30 World's Weirdest Pets and People
Jenny Powell looks at people and their pets.

9.00 Friends
The One where Chandler Crosses the Line Text

9.30 Friends
The One with Chandler in a Box Text

10.00 ER
Days Like This
Dr Ross acts erratically, putting his professional future in jeopardy in this hospital drama produced by Michael Crichton.

11.00 Friends
The One where Monica and Richard are Friends Text

11.30 Star Trek: Deep Space Nine
Paradise Lost
Sisko and Odo discover a Starfleet conspiracy. Text

12.30am The Chris Evans Breakfast Show
Join Chris Evans and the team, for an hour of madness.

1.30 Law and Order
American Dream

2.30-7.00am Long Play
Music all night long.

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas 2.55 The Bill
Consequences
An illegal immigrant has inside information about a drug dealer.

3.25 The Bill
A Question of Identity
An addict is involved in a scam.

3.55 EastEnders
Pat is shocked when she realises Mandy has been lying to her.

4.30 Neighbours
Pam goes to a special dinner with Jim, and Debbie attempts to impress Rick.

5.00 Dynasty
The Accident
Krystle manages to escape from Joel by posing as Rita. Amanda turns to Dex for revenge and Claudia delves into Adam's past.

6.00 Dangerfield
Paul finds it hard to be impartial when he is a prosecution witness at a murder trial. DI Dagley's friendship with his female sidekick raises the temperature.

7.00 Last of the Summer Wine
The Man from Oswestry
Comedy from the Pennines.

7.40 Dad's Army
Battle School
The platoon uses live ammunition during training.

8.20 The Brittas Empire
Temple of the Body
Gordon finds an item of ladies' underwear under the sofa.

9.00 Only Fools and Horses
It Never Rains
Del and Rodney take Grandad along on their holiday trip abroad.

9.40 Porridge
Just Desserts
There is a thief at Slade prison.

10.20 Bottom
Culture
Richie and Eddie's television is taken away.

11.00 The Bill
Consequences
An illegal immigrant has inside information about a drug dealer.

11.30 The Bill
A Question of Identity

12midnight Knowing Me, Knowing You ... With Alan Partridge
Spoof chat show.

12.35am Dad's Army
Room at the Bottom

1.10 Colin's Sandwich

1.35-2.45amBackup

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Can't Cook, Won't Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
An upbeat and humorous magazine programme, featuring human interest stories, celebrity interviews, fashion and beauty. Presented by Lorraine Kelly.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

4.30 Home and Away
More drama from Australia with the kids of Summer Bay.

5.00 Change of Heart
Dating show where partners meet their dream date.

5.30 The Dating Game
Dating show in which guests pick looks or personality.

6.00 The Jerry Springer Show
American talk show in which Jerry and his guests engage in heated discussions.

6.50 Fashion Emergency
Makeover show.

7.15 Life, Camera, Action
Amazing real-life drama caught on camera.

7.40 The Jerry Springer Show
Talk show in which Jerry and his guests engage in lively discussions about relationships.

8.30 FILM: Hell Hath No Fury
Dan Aykroyd, Barbara Eden, Jim Haynie, Loretta Switt
Fraught chiller in which a housewife's idyllic world is shattered when her husband is murdered by his ex-lover. Then she is framed by the murderer for the killing. Still not satisfied, the vengeful psychopath frames her for another murder. *1990*

10.30 Sextasy!
Raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Home to Roost 1.30 Only When I Laugh 2.00 The High Chaparral

3.00 Cagney and Lacey
High Steel
A high-rise construction worker falls to his death, and before long Harvey's knowledge of the case puts his own life in danger.

4.00 Minder
A Tethered Goat
Arthur secures a bodyguard job for Terry. However, it's not long before Terry smells a rat and discovers he has been set up.

5.00 Charlie's Angels
Angel on High
The Angels' search for a tycoon's illegitimate son and heir leads Sabrina on a hunt which puts her own life in jeopardy.

6.00 Emmerdale
Business is mixed with pleasure as Nick assists Frank.

6.30 Classic Coronation Street
Bet tries to get Fred to pay up.

7.00 Home to Roost
Return to Clagthorpe
Henry goes on holiday.

7.30 Only When I Laugh
A prisoner is admitted to the ward from the local jail.

8.00 Minder
A Tethered Goat
Arthur secures a bodyguard job for Terry. However, it's not long before Terry smells a rat and discovers he has been set up.

9.00 Cagney and Lacey
High Steel
American police drama.

10.00 Tommy Cooper

10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
A weekly look at the industry, featuring news and test drives.

11.30 4 Wheels
The world of classic cars and invaluable car buying tips.

12midnight Great Britsh Motorsport
A mix of British motorsport featuring the GT, MGF and National Saloon Car Championships.

1.00am-2.00am Performancer Power
Pippa Jones takes a look at a vintage rally car in Cumbria and tries her hand at snowboarding.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Winnie the Pooh 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Bear 9.55 Toothbrush 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB and J Otter 11.00 Sesame St 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Bear 12.55 Toothbrush 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Winnie the Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures of the beautiful mermaid Ariel. Text

3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text

4.00 101 Dalmatians
Canine capers. Text

4.30 Hercules: The TV Show
Hercules and the World's First Doctor Text

5.00 Recess Text

5.15 Pepper Ann Text

5.30 The Famous Jett Jackson
Switcheroo Text
Is Kayla's dad a thief? Text

6.00 Smart Guy
TJ's a smart kid who's put into tenth grade. Text

6.30 Boy Meets World
Fraternity Row
Shawn goes to college.

7.00 FILM: Noah
Tony Danza, Wallace Shawn
In this modern version of the Biblical tale, Noah is Norman Waters, a single parent who is given a mysterious commission to construct a replica of the Ark out of the blue. *1999*

8.25 Honey, I Shrunk the Kids: TV Show
Honey, You're Living in the Past
Nick gets to relive the ordeal of his own birth. Text

9.10 Double Dinosaurs
Prehistoric fun with the Sinclair family and their take on everyday life. Based on an idea by the *Muppets*' Jim Henson. Text

10.00 Home Improvement

10.30 The Wonder Years

11.00 Dr Quinn: Medicine Woman

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

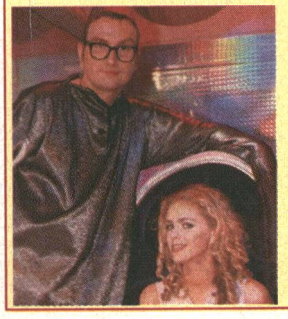
FILM

Darkman
Sky MovieMax 11.00pm
Director Sam Raimi (the creative force behind the *Evil Dead* films) reproduces the dark, melodramatic tone of Forties comic books in this tale of a tragic superhero who sets out to avenge the thugs who scarred him. Liam Neeson is excellent in the title role.

GENERAL

Goodnight Sweetheart
Carlton Select 8.00pm
The premise for this warmly enjoyable sitcom – our hero, Nicholas Lyndhurst journeys back in time to the Forties – combines smartly scripted domestic situations, with an imaginative time-travel conceit and some warmly nostalgic war-time humour.

ADVERTISEMENT



THE COOLER 10.30PM
Donna Air and Quiz Wizard gather together three more contestants trying to prove who has the best knowledge about sex, entertainment, food, sport and stuff. There are questions to answer, as well as mad physical challenges.

Thursday 8 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Mountain Bike
8.00 Cycling
10.00 Tennis – LIVE
Coverage of the ATP Tournament in Gstaad, Switzerland.
2.00pm Cycling – LIVE
Coverage of the 228km fifth stage of the Tour de France from Bonneval to Amiens.

3.00 PM

4.00 PM
4.30 Cycling
The highlights from today's fifth stage of the Tour de France: Bonneval-Amiens.
5.30 Le Mans 24 Hours Race
Race highlights.

5.00 PM

6.00 PM
6.30 Racing Line Today
Includes highlights from the British motorcycle Grand Prix.

7.00 PM
7.00 Football
Another look at European Championship Legends.

8.00 PM
8.00 Cycling
The highlights from today's fifth stage of the Tour de France as the peloton covers the 228km from Bonneval to Amiens.

9.00 PM

10.00 PM
10.00 Boxing
Coverage of another top International contest.

11.00 PM
11.00 Racing Line
Includes coverage of the British motorcycle Grand Prix and Formula 3000 action from Hungary.
11.30-12.30am
Truck Sports
Action from the 1999 Europa Truck Trial in Mieders, Austria.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Shotgun
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 European Tour Weekly
10.00 Rugby League World
11.30 V-Max 12noon Aerobics Oz Style
12.30pm World Motocross Championship
1.00 Speedway: Elite Speedway League

3.30 Rugby League World
The programme that keeps you up to date with all the latest rugby league developments around the world, from the battlefields of the Super League to the intensity of the Australian National Rugby League championship.

5.00 WWF – Superstars
Kevin Kelly hosts an action-packed programme on the World Wrestling Federation circuit.

6.00 Sky Sports Centre
All you could possibly ask for in terms of up to the minute sports news.
6.30 Copa America Football: Colombia v Ecuador and Argentina v Uruguay
The last group matches feature Colombia against Ecuador and second favourites Argentina against Uruguay, as the teams aim for a place in the quarter-finals.
Repeat from Sky Sports 2
8.30 Futbol Mundial
9.00 Formula 3
9.30 World Motocross Championships
A round-up of the latest championship action.
10.00 Sky Sports Centre
10.15 Trans World Sport
The latest, ground-breaking sports stories from across the world.
11.15 Futbol Mundial
Football news from all over the world.
11.45 Sky Sports Centre
12midnight Formula 3
12.30am World Motocross Championships
1.00 Trans World Sport
2.00 Swimming: Disabled Longcourse Swimming Championships
4.00-4.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 World Motocross Championship 8.45 Sky Sports Centre 9.00 Xtreme: Black Diamond Sports
10.00 Golf: US Seniors Open 1998 11.00 Golf Extra
12.30pm Totalsport
1.00 Copa America Football

3.00 Sports Unlimited
In-depth coverage of the sports that people rarely hear about, with spectacular footage.
4.00 Total Sport

4.30 Extreme Sailing

5.00 Inside the PGA Tour
Experience life behind the scenes of the PGA Tour.
5.30 Inside the Senior PGA Tour
6.00 Ford Golf USA: US Senior Open – LIVE
Live hole-by-hole action from the 1999 US Senior Open Championship. The $1.5 million tournament takes place at the Des Moines Golf & Country Club in Iowa. Hale Irwin won the event for a fourth time last year.
8.00 Ford Golf USA: Greater Milwaukee Open – LIVE
Live coverage from the opening day's play in the $2.3 million Greater Milwaukee Open at the Brown Deer Park Golf Course in Milwaukee. Where Jeff Sluman hopes to defend the title he won by one stroke last year.
10.00 Ford Golf USA: US Senior Open – LIVE
Further live coverage of the USA Senior open from the Des Moines Golf & Country club in Iowa. Ray Floyd, Isao Aoki, Jack Nicklaus and Tony Jacklin all appeared 12 months ago and an even stronger field is predicted this time.
12midnight Tight Lines
Fishing show.
1.00am Wheelbase Club
2.00 Formula 3
2.30 Ford Golf USA: US Senior Open and Greater Milwaukee Open
4.30-4.45am Sky Sports Centre

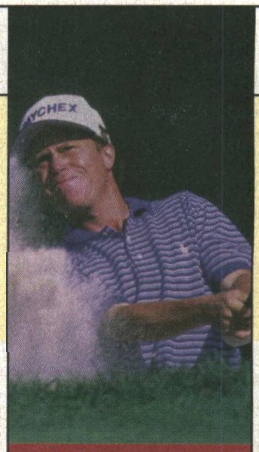
SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Superstars
1.00pm Xtreme: Black Diamond Sports
2.00 Pool: International Pool Masters Semi-Final
Action from the second semi-final in this year's International Pool Masters at the Stakis Hotel in Bradford. With the final just frames away, the atmosphere will be electric.

3.30 Totalsport
The programme which presents the most extreme sporting action from around the globe.
4.00 Premier Snooker League
Action from the 1999 Premier Snooker League, featuring the seven biggest names in the game, including veterans such as Steve Davis and Jimmy White – who was beaten in the final last year by current world number four, Ken Doherty.
6.00 Motor Racing: Legends Cars
6.30 Formula 3
Formula 3 coverage that may well feature a future world champion.
7.00 Tight Lines
Fishing show where Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.
8.00 Swimming: Disabled Longcourse Swimming Championships
Action from the Disabled Longcourse Swimming Championship from the Ponds Forge Centre in Sheffield. This prestigious event is second only to the Paralympic Games.

10.00-11.30pm Pool: International Pool Masters Semi-Final
Action from the second semi-final in this year's International Pool Masters at the Stakis Hotel in Bradford. With the final just frames away, the atmosphere is guaranteed to be electric.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210



Jeff Sluman defends his crown in the $2..3m Greater Milwaukee Open. Sky Sports 2 8.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Best of Wild About United
7.00 Super Match – Vintage Reds
More vintage United action featuring the Reds in one of the great games from the past.
8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
Action from another classic Premiership contest.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
Tonight's featured Premiership classic continues.
10.30 Red Hot News
10.45 Super Match Shorts

11.00-12midnight An Audience with...
A United legend takes centre stage to share memories and answer questions.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
Mark of the Saurian
Buck insists a high-ranking ambassador is actually a lizard creature.
4.00 The Incredible Hulk
Broken Image
Banner is set up as a decoy by a gangster so the man can escape.
5.00 Sightings
Extraordinary real life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.
6.00 Robocop
Faces of Eve
Psychopath Pudface Morgan and his gang use OCP's latest product to unleash a crime wave.
7.00 The Six Million Dollar Man
Vulture of the Andes
A young woman is dropping homing devices from her glider.
8.00 PSI Factor – Chronicles of the Paranormal
An architect unintentionally causes people from the past and future to appear.
9.00 Babylon 5
The Summoning
Babylon 5 welcomes back its missing officers. The Vorlons undertake a frightening new tactic.
10.00 FILM: Alien Nation
James Caan, Mandy Patinkin, Terence Stamp
Alien newcomers have been integrated into Earth society. When a newcomer becomes a police officer he is assigned a racist partner. *1988.*
11.40 Sci-Focus Special
12midnight Twin Peaks
1.00am FILM: Zone 39
Peter Phelps, Caroline Bock, William Zappa
Thriller set in an isolated, hostile and decaying city of the future. *1997*
2.45 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
GREATER MILWAUKEE OPEN
SKY SPORTS 2 8.00PM

Jeff Sluman is not one of the biggest hitters or biggest personalities on the US PGA Tour, but he's won his fair share of dollars over the years, including the US PGA Championship in 1988. Today he begins his defence of the Greater Milwaukee Open at the Brown Deer Park Golf Course. Sluman will have tough opposition for the $2.3m prize money from men like Mark Calcavecchia and Steve Stricker who he won the title from last year by just one stroke.

ITV2
ACCESS PACK

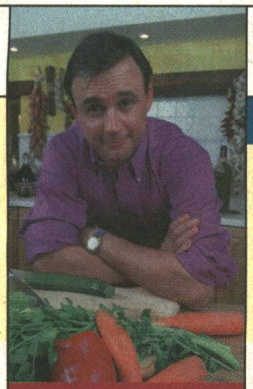
4.00pm Trisha
Trisha Goddard shares heartwarming and hair-raising true stories.
5.05 Man O Man
With Chris Tarrant.
5.45 Words With
6.05 Energize
Sports programme with Jamie Baulch.
6.30 Bedrock
7.30 Sport Zone: Beach Volleyball
Action from the beach.
8.00 Taking the Pitch
Bob Mills hosts a knockout soccer quiz.
8.30 MTB
Coverage of the mountain bike 1999 World Cup series.
9.00 Babes in the Wood
9.30 Kavanagh QC
End Games
Kavanagh faces prejudice and corruption when he acts for a client who is appealing against a murder conviction. With John Thaw.
11.00 Emmerdale
11.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
12.30am Taking the Pitch
Bob Mills hosts a knockout soccer quiz featuring players and fans of clubs from England and Scotland.
1.00-1.30am Mountain Biking
More top sporting action.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Sex Fest
12.20 Northern Exposer
12.45 FILM: Betrayed
1.00 The Five Minute Free View 1.05 FILM continues
2.00 Vice World
2.25 FILM: Never Say Never Again
3.40-4.00am Ria

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Thursday 8 July



Alan Coxon presents 'Coxon's Kitchen College'. Carlton Food Network 9.30am, 1.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the world of trash in the new quiz on entertainment, sport, sex and food.
11.00
Celebrity TV Bloopers
The mistakes of the rich and famous displayed in all their glory.

12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs 3.00 Simply Irresistible 3.30 Blockbuster 4.00 Fifteen to One 4.30 Give Us a Clue
5.00-6.00am Screenshop

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion 12.30pm Boys' Toys 1.00 Mis-Match of the Day 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
Mis-Match of the Day
Celebrity football.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 Slice of Life 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm School Dinners 1.00 Coxon's Kitchen College 1.30 A Taste of England 2.00 An Umbrian Kitchen 2.30 Food Network Daily 3.00 Simply Fish 3.45 More Simply Antony
Moroccan
4.30-5.00pm
Newman Meets
With Jane Asher.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Periods and Menopause
5.30 Get Smart
When Good Fellows Get Together
6.00 I Spy
To Florence with Love
The duo are assigned to guard a girl and a priceless painting from a band of Italian crooks.
7.00 Boon
Trouble in the Fields
Ken investigates water pollution and finds that the pollution is not the only dirty business going on.
8.00 Goodnight Sweetheart
Who's Taking You Home Tonight?
8.30 Slice of Life
Chips
9.00 St Elsewhere
My Aim Is True
White locates his missing wife and children and has a poignant reunion with them.
10.00 Melissa
The conclusion of Alan Bleasdale's murder mystery brings together the disparate strands of the story.
11.00
Hill Street Blues
Spy Who Came in from Delgado
Captain Furillo risks becoming a scapegoat.
12midnight-1.00am I Spy
To Florence with Love
The duo are assigned to guard a girl and a priceless painting from a band of Italian crooks.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Underground
Josh is overpowered.
2.00 The Giraffe: High Above the Savannah
The three species of giraffe that live in Kenya: the masai, baringo and reticulated.

3.00 Wild at Heart
Hippos of Uganda
The call of the wild, from the jungle to the plains.
3.30 Wild at Heart
Lions of Tanzania
4.00 The Making of Africa's Elephant Kingdom
A behind-the-scenes look at the making of a film on the African elephant.
5.00 Wildlife SOS
An injured fox, rescued but too badly hurt to survive.
5.30 Wildlife SOS
A cygnet bullied by two older swans is moved.
6.00 Pet Rescue
Wendy Turner and Mark Evans follow the fortunes of abandoned animals as the RSPCA rescues them.
6.30 Pet Rescue
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
Doctors help those who cannot help themselves.
8.00 Judge Wapner's Animal Court
The Jack Russell that was used as a stud.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital.
9.30 Emergency Vets
Saving animals in Denver, right round the clock.
10.00
Emergency Vets
Stories from Denver.
10.30
Emergency Vets
Saving animals in Denver.
11.00-12midnight
Untamed Africa
The Fire
Dried up by the increasingly powerful sun, Africa suffers as it waits for the rains.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Computers Don't Bite 8.00 Hitler and the Invasion of Britain 9.00 The Kon-Tiki Man 9.30 Esther 10.00 The Day the Universe Changed 11.00 Easter Island 12noon Lion Country 12.30pm Lost for Words 1.00 Clive James 2.00 The Marriage

3.00 Trust Me, I'm a Doctor
With Dr Phil Hammond.
3.30 Crime Limited
Nick Ross presents crime reconstructions.
4.00 Holiday Reps
Caroline's flatmate tries to find her a boyfriend.
4.30 Esther
Addicted to Soaps
The popularity of soaps.
5.00 Lion Country
A behind-the-scenes look at Longleat.
5.30 Blubber Lovers
The breeding season of 120,000 elephant seals.
6.00 War Walks
Arras
The British counter-attack.
6.30 War Walks
Goodwood
The Normandy breakout.
7.00
The Extinction Files
A four-billion-year journey back in time to find the winners and losers of extinction and evolution.
8.00 Big Cat Diary
Wildlife reports from Kenya's Masai Mara.
8.30 Vets in Practice
Two late starters join their practices.
9.00 Jailbirds
Cutting Up
Inmates who mutilate themselves on purpose.
9.30 Jailbirds
Six Months Gone
10.00 The Clampers
Fly-on-the-wall series following traffic wardens.
10.30 The Clampers
The life and tribulations of traffic wardens.
11.00 Top Gear GTi
12midnight UFO Diaries
The Mars Connection
12.30am-1.00am UFO Diaries
The First UFOs

UK PLAY:
1.00am Fast Show 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard's Pop Upstairs Downstairs 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Health Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Gorgeous Gardens 10.00 Intimate Portrait 11.00 Julia Carling's Style Guide 11.30 Body Check 12noon Montel Williams 1.00pm Food Livetime 2.00 The View

3.00 Food Livetime
Culinary and dietary advice, tasty tips, dazzling recipes and cookery demonstrations from a panel of top chefs.
4.00 The Montel Williams Show
Ways to Get Your Lover Back
Looking for novel ways to woo your lover?
5.00 Julia Carling's Style Guide
5.30-6.00pm
Body Check
Weekly magazine.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Hippos: Big Mouth
Thriving hippos in Uganda.
7.30
Among the Baboons
Baboons in Kenya.
8.00 Arabian Sands
Discover the mystical Arabian desert through the experiences of an explorer, Wilfred Thesiger, at the start of the 20th century.
9.00 Ice Walk
Follow the North Pole Expedition by Robert Swan, carried out to draw attention to the growing effects of pollution.
10.00
Home of the Blizzard
Join an expedition to Antarctica to restore the huts of the explorer, Sir Douglas Mawson.
11.00 And Then There Were None
In the Yucatan lies a huge meteorite crater. Is this a clue to why dinosaurs suddenly vanished?
12midnight Extreme Skiing
Meet a group of extreme skiers who attempt to ski every day for a full year as they chase the receding snow.
12.30am-1.00am Amazon: The Generous River
Secrets of the Amazon River.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Girls of Hawaiian Tropics 11.15 Real Couples 12midnight Freeview 12.10am Adult feature 12.35 Our First Time 1.00 FILM: Adult feature 2.00 Part-time Passion 2.25 FILM: Lesbian Kama Sutra 3.05-4.00am FILM: Siren

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 11.00 brand:new 12noon Mad 4 Hits 2.00pm All Time Top 10 80s Hits
A host of 80s artists and their scary fashion crimes.
3.00 Bytesize MTV 4.00 Select MTV 6.00 Bytesize MTV 7.00 brand:new 8.00 European Top 20 9.00 Daily Edition 9.30 Say What??
Lyrics to misunderstood songs.
10.00 The Late Lick
With Trevor Nelson.
11.00 Mad 4 Hits 12midnight MTV Live – Massive Attack
Massive Attack perform exclusively for the channel.
1.30am Massive Attack Videography
The trip-hop trio have always collaborated with visionary video directors for their promos. This programme pays homage to their work.
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power 8.00 Pop-Up Video 8.30 VH1 to One 9.00 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of ... 1.30 Pop-Up Video 2.00 Jukebox 4.30 VH1 to One: Duran Duran 5.00 VH1 Live 6.00 Clare Grogan 7.00 Hits 8.00 Greatest Hits of Duran Duran 9.00 Behind the Music: Duran Duran 10.00 Duran Duran: The Latest and Greatest NEW 12midnight Flipside 1.00am Spice 2.00-6.00am Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Rough Guide to the World's Islands 11.00 Going for a Song 11.30 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Antonio Carluccio's Italian Feast 2.00 Style Street 2.30 Lost Gardens of Heligan 3.00 Gardeners' World 3.30 Voyage 4.00 Voyage 4.30 a la mode 5.00 Antiques Roadshow US 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Ainsley's Barbecue Bible 9.30 Good Living 10.00 Going for a Song 10.30 Moving People 11.00 Ground Force 11.30 Gardening Neighbours 12midnight Geoff Hamilton 12.30am-1.00am Stefan's Garden Roadshow

Thursday 8 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Joy of Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Close Guide 9.00 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 H&L House 11.30 Rex Hunt 12noon Car Show 12.30pm Close Guide 1.00 Hometime 1.30 Gimme Shelter 2.00 The New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Rex fishes on the meandering Murray river.
4.30 Walker's World
Namibia
5.00 Flightline
A look at one of the last B-17 Flying Fortresses.
5.30
Ancient Warriors
The Assyrians
6.00 Zoo Story
More fascinating stories from London Zoo.
6.30
Profiles of Nature
The Red Fox
Chronicling a year in the life of one fox family.
7.30 Great Escapes
Cave Rescue
Telling the dramatic story of an underwater rescue.
8.00 Master Spies
Spy v Spy
How, in the shadows of the Cold War, the battles between the spies were fought with stealth.
9.00 Master Spies
The Real 007
Discover what was really happening throughout the intelligence-gathering battles of the Cold War.
10.00 Master Spies
The Deadly Game
A look at the instruments used in assassinations which have become even more deadly.
11.00
Super Structures
International Space Station
A look at the international space station, 250 miles above the Earth's surface.
12midnight
Search for the Sea Serpent
A look at scientist Jan-Ove Sundberg's investigations into the sea serpent.
1.00am Flightline
1.30-2.00am
Ancient Warriors
The Assyrians

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 The Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Cartoon comedy.
3.30 Scooby-Doo
Animated adventures with the cowardly canine.
4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Furry fun.
5.30
Cow and Chicken
Cartoon comedy with the mismatched siblings.
6.00 Animaniacs
Animated adventures.
6.30 The Flintstones
Prehistoric men behaving badly. Fred and Barny get up to their old tricks.
7.00 Tom and Jerry
More cat and mouse chases in this animated adventure.
7.30 Looney Tunes
Cartoon comedy.
8.00
Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast
Animated action.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC

3.30 Brothers Flub
Cartoon comedy with the brothers who deliver packages to bizarre planets.
4.00 Angry Beavers
Animated adventures with the antagonistic brothers.
4.30 Rugrats
Fun with the naughty nappied nippers.
5.00 Sister Sister
Comedy series.
5.30 Kenan & Kel
6.00 Sabrina, the Teenage Witch
6.30-7.00pm
The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Slumber Party
7.30
Caroline in the City
8.00 Desmond's
Comedy based in a Peckham barber-shop.
8.30 Just Shoot Me
Jesus it's Christmas Maya's kindness backfires.
9.00 Seinfeld
The Truth
George has a disastrous night with an ex-girlfriend.
9.30 Spin City
Pilot
10.00 Frasier
The Perfect Guy
Stars Kelsey Grammer.
10.30 Cheers
Rebecca Gains, Rebecca Loses
11.00
Drop the Dead Donkey
Rumours sweep the newsroom.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
Starring Bill Cosby.
1.00
The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.30 Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 The Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm The Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
More human/mutant conflict in this cartoon.
3.30 Fox Kids X-Press
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
Amphibian antics.
4.30 Eerie Indiana: The Other Dimension
Spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up to take on the adults.
5.30 Ace Ventura
Animated adventures.
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00pm Shop! Selection
The best of the offers from Shop!
7.00 Bargain Shop!
Shopping on a budget.
7.30 The Gold Collection
Jewellery collection.
8.30 Travel Bag
Tips for holidays.
9.30 The Gift Store
Ideas for the perfect present.
10.00 The Early Years
11.00 In the Kitchen with... 12noon
Household Solutions
Gadgets and gizmos to make life easier.
1.00pm Bargain Shop!
Shopping on a budget.
1.30 Shop! Selection
2.30 Shop! Feature
3.00 Dress for Less
Clothes shopping on a budget.
4.00 Dimanti Designs
Diamond-look jewellery collection.
5.00 Shop! Selection
A range of the best offers on Shop!
6.00 In the Kitchen with...
Join Shop!'s cooks for healthy food ideas.
7.00-8.00pm
The Early Years
Holiday essentials for under-5s.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Travel 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 Global Village 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et Le Journal du Temps 7.00 Journal de Radio Canada 7.30 Bon Entendeur 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Quatre et Demie 10.15 Les Splendeurs Naturelles d'Europe 11.00 Infos 11.05 Voilà Paris 11.30 Journal France 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Canadienne Jasmine 2.15 Les Splendeurs Naturelles d'Europe 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Canadienne Jasmine 6.15 Les Splendeurs Naturelles d'Europe 7.00 Journal Suisse 7.30 Journal de France 2 et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour F2 8.15 Résumé de L'Étape du Jour 9.00 Journal 9.15 Antoine Rives L'Affaire Kamel Benami 11.00 Journal Télévisé Belge 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Sabah Aaj Tak 8.30 Akhir Kyon 9.00 FILM 11.30 News 12noon Balcony 12.30pm Daawat 1.00 Badalte Rishte 1.30 FILM 4.00 Jyoti 4.30 Nashaib 5.00 Paristar 6.00 Dekh Bhai Dekh 6.30 Mumkin 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 11.30 News 12midnight Badalte Rishte 1.00am FILM 4.00 Galatnaama 4.30 Balcony 5.00 Kashkol 6.00 Holy Quran 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Karobari Duniya 8.30 Tara-2 9.00 Zanjeeren 9.30 Zee Health 10.00 Deewanagi 11.00 Pot Luck 11.30 Parampara 12noon FILM 3.00pm Baat Ban Jaye 3.30 Public Demand 4.00 Filmi Chakkar 4.30 Antakshari 5.30 Hasratein 6.00 Banegi Apni Baat 7.00 Chota Muh Aur Badi Baat 7.30 Mama Miya 8.00 News 8.30 Chahat Aur Nafrat 9.00 Raahein 9.30 Cross Fire 10.00 Pakistan News 10.30 X-Zone 11.30 Teacher 12midnight News 12.30am Shot Gun Show 1.00 Mast Must Show 1.30 Parivartan-2 2.00 FILM Jodidaar 5.00 V3 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Light and Life 5.30 Abundant Life Today 6.00 Word of Life 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Potters House 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus:
2.19am
Fund Managers' Corner
4.49am Technology Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Secrets of Sex
12.55pm
Photos for the Future
1.00 Biography
Michelangelo
2.00 Biography
Chairman Mao
3.00 World War I:
Atrocity 1914
3.30 Men in Crisis
Mao Tse-tung v Chang Kai Shek
4.00 War
The Inside Story
5.00 Air War in Vietnam
6.00 Secret Mounds of Prehistoric America
6.55 Photos for the Future
7.00 Biography
Wolfgang Mozart
8.00 Biography
Marilyn Monroe
Profile of the screen siren.
9.00 World War I
They Sank the Lusitania
9.30-10.00pm
Men in Crisis
Salk v Polio

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Plays "The Rose of Tralee."

Sculpture shown slightly smaller than actual size of approximately 11¼" (28.5 cm) in height.

Ireland's legendary lady comes to life in a musical masterpiece.

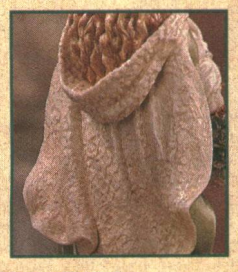
THE ROSE OF TRALEE

She was born over a century ago in County Kerry. A beautiful maid, destined to die of a broken heart. Now acclaimed Irish artist Ann O'Connor brings this beauty to life in a masterpiece of porcelain sculpture inspired by the song that sings her praises. ♣

The Rose of Tralee. Every feature of her lovely face is brilliantly hand painted. Her gown is authentic to 18th century costumes. Her cape is magnificent, crafted using genuine antique lace to capture the look and feel of precious Irish lace. Even her roses are spectacular, crafted in hand-painted Tesori porcelain, a blend of powdered porcelain and resins. And with a turn of a key, an 18-note movement of her famous song begins to play. ♣

Priced at just £145, *The Rose of Tralee* is being issued in a hand-numbered Limited Edition of just 9500. Available *exclusively* from Franklin Mint.

Satisfaction Guaranteed.
If you wish to return any Franklin Mint purchase, you may do so within thirty days of your receipt of that purchase for replacement, credit or refund. ♣



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Or telephone FREE of charge on 0800 567 900.
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Please accept my order for *The Rose of Tralee,* a musical sculpture by Ann O'Connor.

I need SEND NO MONEY NOW. Prior to despatch, I will be invoiced for an initial payment of £29* and, after despatch, for the balance in four equal monthly instalments of £29 each. *Limit: one figurine per collector.*

**Plus £2.95 postage and packaging.*

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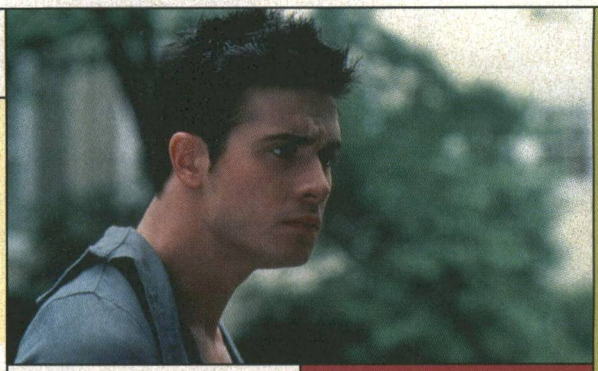
Friday 9 July

SKY PREMIER
PREMIUM CHANNEL

6.00am A Christmas Carol
1984, rating Sky U, 97 mins
8.00 Fly Away Home
Jeff Daniels, Anna Paquin
Text *1996, rating Sky U, 103 mins*
10.00 The Secret Agent Club
Hulk Hogan, Lesly-Ann Down
1996, rating Sky PG, 87 mins
12noon Bogus
Whoopi Goldberg, Ute Lemper
Text *1996, rating Sky PG, 107 mins*
2.00pm Forever Love
Reba McEntire, Tim Matheson, Bess Armstrong, Heather Stephens
Drama, based on the true story of a young woman who falls into a coma. On awakening 20 years later, she faces a very different world.
1998, rating Sky PG, 87 mins
4.00 Fly Away Home
Jeff Daniels, Anna Paquin, Dana Delany, Terry Kinney
Family drama. 13-year-old Amy Alden is reunited with her father when her mother is killed in a car accident. She finds it hard to adjust, and ploughs her energies into looking after a set of abandoned goose eggs, which she brings home to hatch. Text *1996, rating Sky U, 103 mins*
6.00 The Secret Agent Club
Hulk Hogan, Lesley-Ann Down, Matthew McCurley
Action comedy. A secret agent masquerades as a toy-seller, a fact he successfully hides from his son, that is until he is captured by an evil arms dealer and it falls to the boy to save his father.
1996, rating Sky PG, 87 mins
8.00 Addicted to Love
Meg Ryan, Matthew Broderick, Kelly Preston, Tcheky Karyo
Comedy about two people who go to great lengths to get even with their respective ex-partners. Eventually their plans come to nothing because they both realise that they are no longer concerned with the past, having found new love. Text
1997, rating Sky 15, 96 mins
10.00 Unforgettable
Ray Liotta, Linda Fiorentino, Peter Coyote, Christopher McDonald, David Paymer
Thriller. A pathologist is under suspicion of having killed his wife. Desperate to see the killer brought to justice, he embraces a pioneering experiment which allows memories to be harvested from a body. Text *1996, rating Sky 15, 112 mins*
12midnight The Good Son
Macaulay Culkin, Elijah Wood
1993, rating Sky 18, 83 mins
1.30am North Star
James Caan, Christopher Lambert
1995, rating Sky 15, 85 mins
3.00 The Rich Man's Wife
1996, rating Sky 18, 91 mins
4.35-6.30am Bogus
Text *1996, rating Sky PG, 107 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Race the Sun
Text *1996, rating Sky PG, 96 mins*
9.00 Sam Churchill: Search for a Homeless Man
1998, rating Sky PG, 92 mins
11.00 Police Academy 6: City Under Siege
Bubba Smith, David Graf
1989, rating Sky PG, 81 mins
1.00pm Race the Sun
Halle Berry, James Belushi
Text *1996, rating Sky PG, 96 mins*
3.00 Sam Churchill: Search for a Homeless Man
John Schneider, Robin Lively, Alex Rocco, Rudy Ramos
Thriller. Private investigator Sam Churchill faces his most challenging – and deadly – case after he tracks down a missing man to a house where he is being held captive. *1998, rating Sky PG, 92 mins*
5.00 Police Academy 6: City Under Siege
Bubba Smith, David Graf, Michael Winslow, Matt McCoy
Comedy. The police get to grips with the Wilson Heights Gang, responsible for an outbreak of crime. Not only are the lives of citizens at risk, but something far more important to the Town Fathers – property values!
1989, rating Sky PG, 81 mins
7.00 p:review
A sneek preview of what's coming up on Sky.
7.30 UK Top Ten
Find out which films are taking the British box office by storm.
8.00 The Craft
Fairuza Balk, Robin Tunney, Neve Campbell, Rachel True
Hip horror movie. Four female students band together and become witches. When the teenagers learn the secret of The Craft, their new powers give them the opportunity to use their magic for good – as well as for evil.
1996, rating Sky 15, 97 mins
10.00 I Know What You Did Last Summer
Jennifer Love Hewitt, Sarah Michelle Gellar, Ryan Phillippe
PREMIERE Horror thriller. A group of teenagers are plunged into a nightmare when they accidentally kill a pedestrian. They hide the body, and spend the next year worrying about their actions. *1997, 101 mins*
11.45 Scream
Neve Campbell, Skeet Ulrich
Self-referential horror. Text
1996, rating Sky 18, 106 mins
1.35am Friday the 13th
1980, rating Sky 18, 91 mins
3.10 Pretty Poison
1996, rating Sky 15, 85 mins
4.40-5.30am Deep Family Secrets
1997, rating Sky PG, 88 mins



Freddie Prinze Jr stars in 'I Know What You Did Last Summer'. Sky MovieMax 10.00pm

SKY CINEMA
PREMIUM CHANNEL

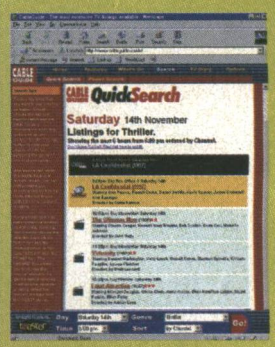
4.00pm Monkey Business
Cary Grant, Ginger Rogers, Charles Coburn, Marilyn Monroe
Comedy in which absent-minded professor Barnaby Fulton and his wife find themselves regressing to a state of childhood, and begin behaving accordingly, when a laboratory monkey dumps an elixir-of-youth potion into their water supply.
1952, rating Sky U, 93 mins
6.00 Diplomatic Courier
Tyrone Power, Patricia Neal, Stephen McNally, Sig Arno
Thriller. A courier for the US State Department finds himself embroiled in espionage after he fails to pick up a vital package. He ends up in Trieste where the military police are happy for him to become more deeply involved in the situation.
1952, rating Sky PG, 94 mins
8.00 The Color Purple
Whoopi Goldberg, Danny Glover, Margaret Avery, Oprah Winfrey, Willard Pugh, Akosua Busia
Drama, directed by Steven Spielberg. A young black woman, living in America's rural South during the early part of the century, must struggle through the hardships meted out to her by family and husband in order to find the happiness which she deserves and has long been denied her. Text
1985, rating Sky 15, 147 mins
10.30 Chariots of Fire
Ben Cross, Ian Charleson, Nigel Havers, Nick Farrell, Alice Krige
Oscar-winning, true-life drama following the fortunes of two male athletes, from very different backgrounds, as they train for the 1924 Olympics.
1981, rating Sky U, 118 mins
12.35am Monkey Business
Cary Grant, Ginger Rogers
1952, rating Sky U, 93 mins
2.15 Hollywood Aliens and Monsters
Text *1998, rating Sky 15, 97 mins*
4.00-6.00am Sex and the Single Girl
Tony Curtis, Henry Fonda
1964, rating Sky PG, 110 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm WCW Nitro on Tnt
The latest WCW wrestling action from the US.
11.35 WCW Thunder
WCW wrestling action from the USA.
1.15am Where the Spies Are
David Niven, Francoise Dorleac, John Le Mesurier, Cyril Cusack
Comic spy yarn in which security chiefs persuade a country GP to go on a spying mission. *1965, 108mins*
3.15-5.00am Arturo's Island
Reginald Kernan, Vanni De Maigret
Melodrama. *1963, 90 mins*



WANT TO KNOW WHICH WHOOPI GOLDBERG FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Films
FilmFour's regular round-up of the best short films from around the world.
8.00 True Blue
Johan Leysen, Dominic West, Brian McGovern, Dylan Baker
Sporting drama. An attempted mutiny by American members of the Oxford crew during the run-up to the 1987 Boat Race is the basis for this film, made by FilmFour and based on the memoirs of the crew's coach. One-time allies find themselves becoming rivals. *1996, 110 mins*
10.00 Fever Pitch
Colin Firth, Ruth Gemmell
Based on Nick Hornby's best-selling book. As his football team, Arsenal, mount a challenge for the league title, Paul falls in love with fellow teacher, Sarah. But will she everunderstand how a man can have two passionate loves?
1996, 90 mins
11.45 Sunny Side of the Street
12midnight The Damned
Dirk Bogarde, Ingrid Thulin
Drama on the rise of Nazism.
1969, 148 mins
2.30 Victim
Dirk Bogarde, Sylvia Sims
Drama. A gay barrister is blackmailed. *1961, 96 mins*
4.20-6.00am Typically British

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Starring Wesley Snipes and Tommy Lee Jones.
1998, Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is, while avoiding the mysterious forces that seem intent on destroying him. Stars Rufus Sewell and William Hurt.
1998, Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You
The Late Show Text
1.30 Jeopardy
2.00 Sally Jessy Raphael

3.00 Jenny Jones
It's a Baby Bonanza! Families of Quadruplets and Quintuplets
Jenny welcomes the parents and children of multiple birth families on to the show.

4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience? Carole Malone is ready to pass sentence.

5.00 Star Trek: Deep Space Nine
Crossfire
Odo's hidden feelings for Kira interfere with his duty to protect the Bajoran First Minister. Text

6.00 Feature
6.30 Friends
The One with Phoebe's Ex-Partner
Phoebe's old co-singer wants to launch 'Smelly Cat'. Text

7.00 The Simpsons
Treehouse of Horror VIII
Homer battles mutants. Text
7.30 The Simpsons
The Twisted World of Marge Simpson Text

8.00 Buffy the Vampire Slayer
Phases
Buffy and her friends discover secrets about themselves as they battle a werewolf. Text

9.00 Really Caught in the Act
NEW The results of real-life footage caught by street cameras placed in secret locations all over the world.

10.00 Cops
Palm Beach, Florida Text
10.30 Cops
Las Vegas
Officers arrest a disoriented burglar with just a towel on. Text

11.00 Friends
The One with Phoebe's Ex-Partner Text
11.30 Star Trek: Deep Space Nine
Crossfire Text
12.30am The Chris Evans Breakfast Show
Join the team, including Holly 'Hotlips' Samos, 'wheels of steel' maestro Johnny Boy Revell, soundman Dan McGrath and student Jamie Broadbent.
1.30 Law and Order
Born Bad
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Put Down

3.25 The Bill
Left Behind
Martin Clay is released from prison, but it may be too late.
3.55 EastEnders
Arthur is full of the joys of spring and tries his best to pass them on to Pat.
4.30 Neighbours
Doug and Gaby end up making an horrific mistake.
5.00 Dynasty
Souvenirs
Krystle's ordeal continues when Alexis arranges for a reporter to enter the Carrington Estate and interrogate her.
6.00 Dangerfield
Eden
Al Dangerfield's battle for independence continues as she decides to rent an isolated country cottage.
7.00 Last of the Summer Wine
Mending Stuart's Leg
7.40 Dad's Army
The Lion Has Phones
An enemy aircraft crash-lands in the local reservoir.
8.20 The Brittas Empire
An Inspector Calls
Drugged corn and a loose pigeon play havoc with Gordon's plans for a smooth inspection.
9.00 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
9.40 Red Dwarf
Future Echoes
Having accelerated for three million years, Red Dwarf breaks the light barrier.
10.20 Crime Traveller
Death in the Family
Holly is having trouble funding the time machine and considers leaving the police force.
11.25 The Bill
Put Down
11.55 The Bill
Left Behind
Martin Clay is released from prison, but it may be too late.
12.25am Dr Who Omnibus
Aztecs
The Tardis lands inside an Aztec tomb, but when the Doctor and his companions leave the tomb, the door locks behind them.
2.05-2.30am Colin's Sandwich
Frank

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Change of Heart
11.20 Can't Cook, Won't Cook
11.55 Maury Povich
12.45pm Entertainment Now
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme, featuring human interest stories.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, and hosted by the veteran broadcast journalist Maury Povich.
4.30 Home and Away
More drama from the Summer Bay soap opera.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests must choose between looks and personality.
6.00 The Jerry Springer Show
Jerry Springer and his guests engage in lively discussion about relationship issues.
6.50 Fashion Emergency
Emme and her team help people with unusual style dilemmas.
7.15 Life, Camera, Action
Real-life drama on camera.
7.40 The Jerry Springer Show
US talk show in which Jerry Springer and his guests air relationship problems
8.30 FILM: The Secretary
Mel Harris, Sheila Kelly, Barry Bostwick, James Russo, Ray Baker, Rod McCary
Suspense thriller in which a woman, who is both a mother and a successful executive, discovers that her disgruntled secretary is a dangerous psychotic, turning to murder and blackmail after being turned down for a promotion. *1994*
10.30 Sextasy!
Raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes
9.00 Classic Coronation Street
9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Home to Roost
1.30 Only When I Laugh
2.00 The High Chaparral

3.00 Cagney and Lacey
Hot Line
After a series of stranglings, the duo are called in to investigate and discover that all three victims worked for an erotic hotline.
4.00 Minder
The Bounty Hunter
Arthur and Terry come to the aid of a widower who has been swindled out of a villa in Majorca by a phony real estate scheme.
5.00 Charlie's Angels
Angels in Spring Time
A grande dame of Broadway is accidentally electrocuted in a hydro massage tank at the elite Springtime Spa.
6.00 Emmerdale
It's Hotton Show and will the best team win the Tug of War?
6.30 Classic Coronation Street
Suzie prepares to go job hunting.
7.00 Home to Roost
High Noon
A mystery virus in the household.
7.30 Only When I Laugh
When Did You Last See Your Father?
8.00 Minder
The Bounty Hunter
Arthur and Terry come to the aid of a widower who has been swindled out of a villa in Majorca by a phony real estate scheme.
9.00 Cagney and Lacey
Hot Line
American police drama.
10.00 Tommy Cooper
10.30-11pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11pm Talking Dirty
Light-hearted, late-night fly-on-the-wall series.
11.20 Sunny Hotspots and Girls
11.50 Lady Lust's Lovelies
12midnight Lady Lust's Football Feva
Follow Lady Lust and her team as they take us through the world of football.
1.00am Real Sex
1.30-2.00am Noddy's Electric Ladyland
Pop quiz, presented by Noddy Holder and Emma Morton Smith.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Winnie 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragon 9.30 Bear 9.55 Toothbrush Family 10.00 Bite Size 10.10 Rosie and Jim 10.30 Big Garage 10.45 PB and J 11.00 Sesame Street 12noon Spot 12.05pm Animal Shelf 12.15 Pocket Dragon 12.30 Bear 12.55 The Toothbrush Family 1.00 Bite Size 1.10 Rosie and Jim 1.30 Big Garage 1.45 PB and J Otter 2.00 Winnie the Pooh 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures with mermaid Ariel. Text
3.30 Art Attack
The award-winning art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians Text
4.25 Kids' Awards: Update
4.30 Hercules: The TV Show
Hercules and the King of Thessaly Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Front Page
Jett's failure makes the papers.
6.00 Smart Guy
Pre-teen trauma. Text
6.25 Kids' Awards: Update
6.30 Boy Meets World
No Guts, No Cory
Fun with Cory and Topanga. Text
7.00 FILM: Pocahontas
Voices of Irene Bedard, Mel Gibson, David Ogden Stiers
The animated story of a Native American tribal princess and her ill-fated romance with an English sea captain in 16th century Virginia. *1995*
8.20 Honey, I Shrunk the Kids: TV Show
Honey, I'm Streakin'
Wayne tries to cope with his overload of work. Text
9.05 Double Dinosaurs
Based on an idea by Jim Henson, this series uses state-of-the-art puppetry. Text

10.00 Home Improvement
10.30 The Wonder Years
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

I Know What You Did Last Summer
Sky MovieMax 10.00pm
Scripted with a fine feel for nail-nibling suspense by teen terror specialist Kevin Williamson (the *Scream* films, *The Faculty*), this premiere tells of a group of high school kids being terrorised by the victim of the hit-and-run accident they were involved in a year earlier.

GENERAL

Buffy the Vampire Slayer
Sky One 8.00pm
Occasionaly a television spin-off of a movie will lodge itself more firmly in the public consciousness than the big screen original. *M*A*S*H* was one such example and this fang-in-cheek teen vampire show is another. Tonight, Buffy does battle with a werewolf.

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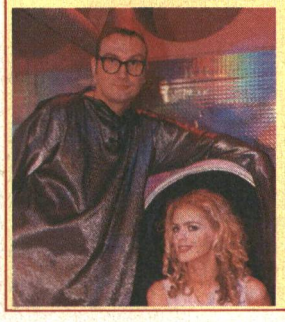


THE COOLER
10.30PM
Donna Air and Quiz Wizard gather together three more contestants trying to prove who has the best knowledge about sex, entertainment, food, sport and stuff. There are questions to answer, as well as mad physical challenges.

Friday 9 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Racing Line
8.00 Cycling
Tour de France.
10.00 Tennis – LIVE
Action from the fourth day's play in the ATP Tournament in Gstaad, Switzerland.
2.00pm Cycling – LIVE
Coverage of the sixth stage of the Tour de France from Amiens to Maubeuge.

4.30 Cycling
Highlights of the sixth stage of the Tour de France from Amiens to Maubeuge.
5.30 Mountain Bike
Action from the seventh round of the cross-country World Cup held in Canmore, Canada.

6.00 Motorcycling
Action from the Isle of Man TT Races 1999.

7.00 American Le Mans Series
Action from the third race of the American Le Mans series in Atlanta.

8.00 Cycling
Highlights of the sixth stage of the Tour de France from Amiens to Maubeuge.

10.00 Boxing
Action from a top International contest.

11.00 YOZ Action
Featuring action from the X-trials.

12.00 NIGHT TIME

12midnight-12.30am Mountain Bike
Action from the World Cup held in Canmore, Canada.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 WWF – Superstars 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Trans World Sport 10.30 Futbol Mundial 11.00 Cricket: Women's Third One-Day International England v India – LIVE 2.30pm Second Innings: Darren Gough

3.00
Cricket: Women's Third One-Day International England v India – LIVE
Live ball-by-ball action from the second session of the third and final one-day International between England and India. Trent Bridge is the venue as two of the best teams in women's cricket meet head on. Look out for Jan Britten, England's highest ever run scorer and most capped Test player.

6.30
Sky Sports Centre
Catch up with all the very latest sporting events as and when they happen.

7.00
Super League – LIVE
Another live match featuring two top teams from the hard-tackling JJB Sports Super League.
Presented by Eddie Hemmings and Mike Stephenson.

9.30
Sky Sports Centre
News and views from across the world of sport.

10.00 WWF – Raw
Jim Ross, Kevin Kelly and Michael Cole report on the latest action from the World Wrestling Federation circuit. With classic matches and celebrity guests such as 'Iron' Mike Tyson.

12midnight
Sky Sports Centre
12.30am Super League 1.30 WWF – Raw 3.30 International Rugby Union: Tri-Nations – New Zealand v South Africa – LIVE 5.30-6.00am Totalsport

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Rebel Sports 8.45 Sky Sports Centre 9.00 Tight Lines 10.00 Ten Pin Bowling 11.00 Ford Golf USA: US Senior Open and Greater Milwaukee Open 1.00pm Gillette World Sports Special 1.30 Formula Three 2.00 Watersports World

3.00
Trans World Sport
With in-depth news and reporting on everything from the normal to the downright bizarre.

4.00 Futbol Mundial
The best of world football news and action.
4.30 Moto-Plus
Motoring mayhem.

5.00 Gaelic Games
Fast-moving action from the Gaelic games, including hurling.
5.30 Moto-Plus
Motoring mayhem.

6.00
Ford Golf USA: US Senior Open – LIVE
Live action from the US PGA Senior Tour from the Des Moines Golf & Country Club in Iowa, featuring many of American golf's living legends competing in the Senior US Open.

8.00 Ford Golf USA: Greater Milwaukee Open – LIVE
Live action from the crucial second day's play in the Greater Milwaukee Open. The Brown Deer Park course in Milwaukee plays host to the event with a total prize fund of $2.3 million for those at the top of the leaderboard.

10.00
Ford Golf USA: US Senior Open – LIVE
Live action from the second day's play in the US Senior Open. Hale Irwin was the popular winner last year. America's top Seniors meet at Des Moines Golf & Country Club for the event.

12midnight Gaelic Games 12.30am Moto-Plus 1.00 Sky Sports Centre 1.30 Watersports World 2.30 Ford Golf USA: US Senior Open and Greater Milwaukee Open 4.30 Sports Unlimited 5.30-6.00am Moto-Plus

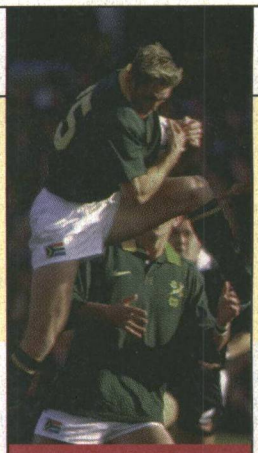
SKY SPORTS 3
PREMIUM CHANNEL

12noon Trans World Sport
1.00pm Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.
2.00 Pool: International Pool Masters Final
The 1999 International Pool Masters reaches the final stage with action from the Stakis Hotel in Bradford. In last year's competition, number one seed Darren Appleton from Pontefract beat off the challenge of Jason Twist to win by a comfortable 10-5 margin.

4.00 Swimming: Disabled Longcourse Swimming Championships
Action from the Disabled Longcourse Championship from the Ponds Forge Centre in Sheffield. This event is second only to the Paralympic Games and attracts hundreds of competitors.

6.00 Gillette World Sport Special
David Jensen presents a comprehensive report on alternative sports.
6.30 The Winning Post: Chepstow/ Hamilton – LIVE
Jeff Stelling presents live horse racing action from the meetings at Chepstow and Hamilton.

9.00 Extreme Sailing
Life on the high seas is never plain sailing as this programme shows.
9.30 Moto-Plus
Motoring programme.
10.00-12midnight Pool: International Pool Masters Final
Action from the1999 International Pool Masters as it reaches the final stage in the Stakis Hotel in Bradford. In last year's competition, number one seed Darren Appleton from Pontefract beat off the challenge of Jason Twist.



Percy Montgomery hopes to inspire the South Africans against the All Blacks. Sky Sport 1 3.30am – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Reds on the Green
7.00 The Friday Supplement
End the week with a discussion of all the latest happenings in and around Old Trafford.
8.00 Red Hot News
8.15 Super Match Shorts
MUTV brings you classic action in a bite size chunk!
8.30 Super Match
Action from a classic match from the past.
9.30 Red Hot Update
9.35 Super Match continued
The action from tonight's featured classic continues.
10.30 Red Hot News
All the latest developments from Old Trafford.
10.45 Super Match Shorts
11.00 Red Legends
Household names from the past track down their former team-mates.
11.30-12midnight Fan File

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Baltar's Escape
Baltar takes some very important hostages during a prison breakout.

4.00
The Incredible Hulk
Proof Positive
Reporter Jack McGee's obsession with finding the Hulk takes a setback.

5.00 Sightings
Extraordinary real life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.

6.00 The Ray Bradbury Theatre
The Playground
6.30
New Alfred Hitchcock
Breakdown

7.00 The Six Million Dollar Man
A Bionic Christmas Carol
Steve helps an industrialist and a family discover the true meaning of Christmas.

8.00
A Century of Sci-Fi
Mutations
8.30 The Crow: Stairway to Heaven
Solitude's Revenge
A released prisoner captures his nemesis, Detective Albrecht.
9.30 Perversions of Science
Snap Ending

10.00
FILM: Demon House
Amelia Kinkade
Horror about a group of teenagers who seek refuge in an empty funeral home following the apparent shooting of a police officer, only to find something strange. *1996*
11.35
Sci-Focus Special
12midnight
FILM: Detonator Orgun
Animation. The year is 2292 and Earth is at peace. However, a race of machine warriors has chosen Earth as their next target. *1991*
3.00am-4.00am
Dark Shadows

LIVE
NEW ZEALAND V SOUTH AFRICA
SKY SPORTS 1 3.30AM

From a Kiwi perspective the All Blacks' performances in last year's Tri-Nations tournament were a huge disappointment – they lost all their matches and finished bottom of the table. So this opening clash with the Springboks, from Carisbrook in Australia (the Wallabies complete the trio) offers a chance of redemption. Full-back Christian Cullen will be one of those players who will have to impress if New Zealand are to overcome the South Africans.

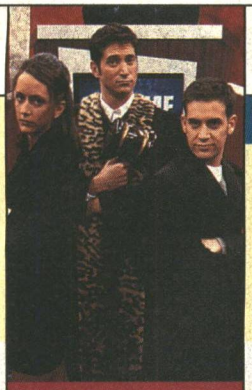
ITV2
ACCESS PACK

4.00pm Trisha
Talk show in which Trisha Goddard invites her guests to bare their souls in front of the cameras.
5.05 Gladiators
6.00 Pump it Up
6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
7.30 NBA Jam
US Basketball show.
8.00 Peak Performance
8.30 Futbol Mundial
A round-up of the latest news and matches from across the football world.
9.00 New Jerry Springer
More outrageous guests appear on America's most notorious talk show.
9.45 Words With
Celebrities relate anecdotes from words written on cards or bits of paper, and bring in three favourite objects.
10.00 Bad Girls
11.00 Coronation Street
11.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
12.30am Futbol Mundial
All the latest news and action from the world of football.
1.00-1.30am
Who, What, Why?
Current affairs programme with Nick Owen.

TELEVISION X
ADD-ON CHANNEL

12midnight Preview 12.10am Adult Feature 12.20 Teresa Scott Unleashed 12.45 FILM: A Terminal Case of Love 1.00 The Five Minute Free View 1.05 FILM continues 2.00 Free View 2.05 Fantasy Night Calls 2.30 FILM: Perplexed 3.40-4.00am Diane

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



Kara McNamara, Chris Reed and Jason Winner preside over 'The Blame Game'. MTV 11.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Strike It Lucky
Michael Barrymore hosts.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Quiz with Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical, through four zones.
9.00
Stars in Their Eyes
Five contestants take the short walk to stardom.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in Challenge TV's brand new late night quiz.
11.00
Celebrity TV Bloopers
More of celebrities' most embarrassing moments and slips of the tongue captured on camera.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Screenshop

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on all the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Agony
More helpful advice for troubled souls.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.

11.30
Strip Masterbrain
11.45 Private Dancer
12midnight Compromising Situations 12.30am Janeycam 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 Turner's Tour of Hong Kong 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm The Alex Factor 1.00 Coxon's Kitchen College 1.30 Rustie's Real Cooks 2.00 Aldo and Friends 2.30 Food Network 3.00 School Dinners 3.30 Vin Ordinaire
Wine programme.
4.00 A Year at Ballymaloe 4.30-5.00pm Tessa's Tastebuds

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Australia and New Zealand Wine and Food
5.30 Get Smart
Dr Yes
6.00 I Spy
To Florence with Love – Part II
Kelly and Alex discover that the supposedly priceless painting is a fake.
7.00 Boon
Burning Ambition
Ken Boon finds himself being interrogated about a crime he did not commit, thanks to a jilted lover.
8.00 Blue Heelers
Fool for Love
Adam's surprise announcement is nearly overshadowed by a crisis involving a dating agency.
9.00
Auf Wiedersehen, Pet
The Alien
The boys have problems and Neville is the one to provide the solution.
10.00 Jenny Eclair's Private Function
Guests include comedian Hattie Hayridge.
10.30 The Screen
Movie magazine.
11.00
Hill Street Blues
Freedom's Last Stand
Furillo threatens to resign after being set up to face cross-examination.
12midnight I Spy
To Florence with Love
1.00am-2.00am
The Far Pavilions
Adaptation of M M Kaye's epic novel, set in nineteenth century British colonial India. With Omar Sharif.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court
A veterinarian is suing a couple for not paying bills.
1.00 Hollywood Safari
Partners in Crime
2.00 Hunters
Eye of the Serpent
Reptiles are among the most lethal creatures on earth.
3.00 River Dinosaur
A look at the Nile crocodile that inhabits nearly all of Africa's major rivers and sometimes actively targets humans as prey.
4.00 Cane Toads: An Unnatural History
Programme examining how the fat, ugly cane toad managed to overrun Australia.
5.00 Amphibians
Daredevil
5.30 Amphibians
The fire-bellied toad, which has been around for 150 million years.
6.00
The Crocodile Hunter
Return to the Wild
Steve Irwin takes his father on a search for an injured rogue crocodile.
7.00 Amphibians
The Amorous Newt
The fate of the green toad.
7.30
The Crocodile Hunter
With Steve Irwin.
8.00 Judge Wapner's Animal Court
8.30 Judge Wapner's Animal Court
The defendant is being sued for stealing a horse.
9.00 Emergency Vets
An elderly dog brought in for teeth-cleaning turns out to have cancer, and a terrier is run down.
9.30 Emergency Vets
10.00 Emergency Vets
10.30 Emergency Vets
A cat's split jaw is put back into place.
11.00-12midnight Untamed Africa
The Return of Douma
Douma the cheetah has had four cubs. It is now time for her to migrate back to the Serengeti.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Geiger Sweet, Geiger Sour 7.55 Geiger Sweet, Geiger Sour 9.30 Esther 10.00 The Day the Universe Changed 11.00 Easter Island – the Story 12noon Lion Country 12.30pm Prisoners of the Forgotten Plague 1.00 Clive James Postcard 2.00 The Marriage

3.00 Trust Me, I'm a Doctor
3.30 Trust Me, I'm a Doctor
Dr Phil Hammond's guide to what works in medicine.
4.00 Holiday Reps
Caroline learns that her Spanish boyfriend has been unfaithful.
4.30 Esther
Born in Unusual Places
5.00 Lion Country
The new owners of the village shop and post office arrive.
5.30
Rainbow Warriors
6.00 Hitler's Bomb
6.30 War Walks
Agincourt
In 1415, Henry V defeated a force that outnumbered him five to one.
7.00 Tomorrow's World Plus
Including reports about the future of science and technology and interviews with trendsetting scientists.
8.00 Big Cat Diary
Wildlife reports from Kenya's Masai Mara.
8.30 Vets in Practice
Hannah deals with a giant wolfhound.
9.00 Jailbirds
If
Documentary series set in a prison for women.
9.30 Flatmates
Will the boys plump for the prettiest applicant? Will the Fulham girls find the lover of their dreams?
10.30
Sylvania Waters

11.05
Jeremy Clarkson's Extreme Machines
11.35 Crime Limited
12.05am UFO Diaries
12.30-1.00am UFO Diaries

UK PLAY:
1.00am Bob Downe All Over Britain 2.00 Funny Noise 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 The UK Top 20 5.30 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Food Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Perfect Parenting 9.30 Family Recipes 10.00 Surprise Gardeners 10.30 Young Chefs 11.00 Indoor Garden 11.30 House Style 12noon Montel Williams Show 1.00pm Psychic Livetime 2.00 The View

3.00
Astrology Livetime
Live phone-in offering viewers the chance to find out exactly what the stars hold for them.
4.00 The Montel Williams Show
Teens Desperate to Have Babies
Montel Williams deals with topical issues.
5.00
Roddy Llewellyn's Indoor Garden
5.30-6.00pm
House Style

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Nulla Pambu: The Good Snake
Differing attitudes toward snakes in India.
7.30
Clan of the Crocodile
8.00 Natural Born Killers: Survival on the Savannah
Features some of the most fearsome, beautiful and endangered predators.
9.00 In the Land of the Grizzlies
These giants face danger from the destruction of their habitat and poaching.
10.00 Search for the Great Apes
Following the late Dian Fossey as she probes the world of the orang-utan.
11.00 Among the Wild Chimpanzees
See rare footage depicting some startling findings about chimp behaviour.
12midnight
On Hawaii's Giant Wave
Waimea Bay in Hawaii boasts some of the finest surf in the world.
12.30am-1.00am
Wolves of the Air
A look at the majestic hawk of the Sonoran Desert.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 FILM: Gentlemen's Bet 11.30 Sex Court 12midnight Freeview 12.10am Suburban Sex Secrets 12.25 New Public Places 12.55 Dr Anna St John 1.20 FILM: Sex Bandits 2.40 The .... Mobile 3.05-4.00am FILM: Sun Bunnies

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 11.00 brand:new
Zane Lowe checks out what's new in the showbiz world.
12noon Mad 4 Hits 2.00pm Dance Floor Chart 3.00 Bytesize MTV 4.00 Select MTV
The only live video jukebox.
6.00 News Weekend Edition 6.30 UK Singled Out
More hopeful lovers meet Richard Blackwood and Sarah Cawood.
7.00 brand:new 8.00 Dance Floor Chart 9.30 MTV Megamix
The visual equivalent of spinning the decks – video mixing.
10.00 News Weekend Edition 10.30 UK Singled Out 11.00 The Blame Game 11.30 Say What?? 12midnight Partyzone 1.00am News Weekend Edition 1.30 UK Singled Out 2.00 Club Mix 3.00 MTV Megamix 4.00 Partyzone 5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of ... 1.30 Pop-Up Video 2.00 Jukebox 4.30 VH1 to One 5.00 VH1 Live 6.00 Something for the Weekend 7.00 Greatest Hits of ... Take That 7.30 Talk Music 8.00 Rock'n'roll Classics 8.30 Best of Live At VH1 9.00 Kate and Jono Show 10.00 Ten of the Best: Blur 11.00 VH1 Spice 12midnight Friday Rock Show 2.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Home Front 10.30 Looking Good 11.00 Antiques Roadshow 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Delia Smith's Summer Collection 2.00 Style Street 2.30 Peter Seabrook's Gardening Week 3.00 Growing Places 3.30 Voyage 4.00 Voyage 4.30 A la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Gardeners' World 9.30 Good Living 10.00 The House Detectives 10.30 The Antiques Show 11.00 How Does Your Garden Grow? 12midnight-1.00am Rough Guide to the World's Islands

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Friday 9 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Doctors 7.30 Painted House 8.00 Cookabout 8.30 Close Guide 8.55 Painting 9.30 Garden Party 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 The Home and Leisure House 11.30 Rex Hunt's Fishing Adventures 12noon Car Show 12.30pm Close Guide 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Fly-fishing for brown trout.
4.30 Walker's World
New Zealand
With Anna Walker.
5.00 Flightline
A look at advances in high G-force training.
5.30 Ancient Warriors
The Legions of Rome
Roman army training.
6.00 Zoo Story
Stories from London Zoo.
6.30 Orang-utans – High Society
Studies into the orang-utans of Borneo, to learn more about our closest animal relatives.
7.30 Great Escapes
Flight for Their Lives
A look at the building of the Berlin Wall.
8.00 Ancient Sharks
Travel to fossil-rich territories with the scientists who are carefully piecing together the story of shark evolution.
9.00 In Search of the Golden Hammerhead
This rare shark is an experiment of nature that hatches from an egg and becomes a perfect killer.
10.00 Shark Pod
How a simple discovery has changed the way Ron and Valerie Taylor have been able to interact with the mighty shark.
11.00 Fast Cars
A look at the technical ingenuity that makes fast cars so exciting, plus the pleasurable sensation of getting behind the wheel!
12midnight The Curse of Tutankhamen
The discovery of Tutankhamen's tomb.
1.00am Flightline
Cessna's classic single-engined Skyhawk
1.30-2.00am Ancient Warriors
The Legions of Rome

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Animated fun.
3.30 Scooby-Doo
Mysterious happenings with the do-gooders.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Animated heroics.
5.30 Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Animaniacs
More fun from the Warner Bros studio lot.
6.30 The Flintstones
Prehistoric adventures with the cavemen of Bedrock.
7.00 Tom and Jerry
Pitched battles between the famous cat and mouse.
7.30 Looney Tunes
Classic cartoons from the archives.
8.00 Cartoon Cartoons
8.30-9.00pm Cult Toons
Celebrities' favourite toons.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC
Includes the *Teletubbies*.

3.30 Brothers Flub
Animated adventures with Guapo and Fraz on bizarre planets.
4.00 Angry Beavers
Madcap antics with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative toddlers.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina, the Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Car Trouble
7.30 Caroline in the City
8.00 Desmond's
Barber's shop sitcom.
8.30 Mad About You
The Pilot
Paul and Jamie are newlyweds in New York.
9.00 Seinfeld
The Pen
Jerry and Elaine visit his parents in Florida.
9.30 Spin City
The Great Pretender
10.00 FILM: Delirious
John Candy, Emma Samms, Mariel Hemingway
Comedy in which a sitcom writer, in love with the leading lady, finds himself transported to the fictional setting for the show. He also finds that whatever he writes comes true, giving him the chance to woo the actress. *1991*
12midnight Comedy Network
12.30am Armstrong and Miller
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman 2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
3.35 Spiderman
Crime-fighting action.
4.00 Hero Turtles: The Next Mutation
Adventures with the shell-clad heroes.
4.30 Goosebumps
Collection of spooky stories.
5.00 Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
Animated adventures of the zany pet detective.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Dimanti Designs
8.30 Dress for Less
9.30 Fitness Zone
10.00 Junior Choice
Holiday essentials for kids.
11.00 Jewellery Box
Featuring new stunning jewellery designs.
12noon Dress for Less
Another chance to fill your suitcase without spending a fortune as Shop! presents the budget holiday wardrobe.
1.00pm Bargain Shop!
Today's great offers at bargain prices.
1.30 Shop! Selection
A round-up of the latest best-sellers on Shop!
2.30 In the Garden
Gardening essentials.
3.00 Shop! Feature
Natural health and beauty made easy.
4.00 Cook's Den
Great offers on the latest looks for stylish kitchens.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Jewellery Box
Featuring new stunning jewellery designs.
7.00-8.00pm Junior Choice
Holiday essentials for kids.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Today 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 Talking Movies 12midnight News 12.30am Zero 30 1.00 News 2.30 Talking Movies 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00 News 5.30-6.00am Seven Days

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Asia 12.30pm Earth Matters 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Inside Europe 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Week in Review 4.00 News on the Hour 4.30 Fashion TV 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 D: Design 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Fiction: Antoine Rives L'Affaire Kamel Benami 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fiction: Antoine Rives L'Affaire Kamel Benami 3.00 Journal 3.15 Questions 3.30 Les Belges du Bout du Monde 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Fiction: Antoine Rives L'Affaire Kamel Benami 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de L'Etape du Jour 9.00 Journal 9.15 Divertissement: Ça se Discute l'Obésité 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Holy Qur'an 9.00 FILM 11.30 News 12noon Lifeline 12.30pm Daal Mein Kala 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Khiladi 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-8.00am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dam Dama Dam 6.30 Jaagran 7.00 Faith: Muslim 7.30 Daily News 8.00 Pakistan News Link 8.30 Tara-2 9.00 Adhikar 9.30 Raahein 10.00 Mohabbat Eik Mohabbat 11.00 Zaike Ka Safar 11.30 Parampara 12noon FILM: Khudai 3.00pm Hum Zameen 3.30 Chalo Cinema 4.00 Filmi Chakkar 4.30 Mama Miya 5.00 Mr Gayab 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Best of India 7.00 Khoobsurat 7.30 Entertainment Express 8.00 News Bulletin 8.30 Aashirwad 9.00 FILM: Johar in Bombay 12midnight News Bulletin 12.30am Woh 1.00 X-Zone 2.00 FILM: Zimmeddar 5.00 Beegi Ke Pg 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Today with Marilyn Hickey 5.30 River of Life 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe 8.30 The Messenger 9.00 Another Day of Victory 9.30 A Call to Prayer 10.00 Times Like These 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Boarding Pass 4.45am Clarke's Chronicles

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point
Highlights from Wales.

THE HISTORY CHANNEL
WORLD PACK

12noon Secret Mounds of Prehistoric America
The large mounds that hold the secrets of ancient cities.
12.55pm Photos for the Future
1.00 Biography
Wolfgang Mozart
2.00 Biography
Marilyn Monroe
3.00 World War I
They Sank the Lusitania
3.30 Men in Crisis
Salk v Polio
4.00 Churchill and the Cabinet War Rooms
5.00 Monumental Statues
6.00 Lost Castles of England
The disappearance of the grand timber castles.
7.00 Biography
Leonardo Da Vinci
8.00 Biography
Clint Eastwood
9.00 World War I
Verdun the Inferno
9.30-10.00pm Men in Crisis
Rommel v Montgomery

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Designer Stitching at 6.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

SUPER TROOPERS

The wildly entertaining and graphically violent *Starship Troopers* marks provocative Dutch director Paul Verhoeven's triumphant return to science fiction – a genre that's all the richer for his excellent earlier entries *Total Recall* and *RoboCop*. An impressively envisioned adaptation of Robert Heinlein's novel, the film's witty script mixes elements of the creature feature, the Western, the high school soap, the boot camp clichés of *Full Metal Jacket* and the gung-ho war movie to outrageously enjoyable effect. The film opens with a jolt: a shockingly gory on-the-spot news report from a distant planet, where soldiers are being beset on all sides by giant bugs. It's a bravura opening assault and strikes a note of tension that won't be relieved for almost an hour and a half because, as the film flashes back one year, we discover that among those grunts we've just left desperately fighting for their lives are the film's heroes. The main protagonist is Johnny Rico (Casper Van Dien). He enlists with the mobile infantry to impress Carmen, his beautiful, ambitious girlfriend, who joins the Fleet Academy to become a pilot. Soon the world is at war with a race of monster insects, which colonise planets by shooting their spore into space, and Rico finds himself working through the ranks of the infantry and notching up plenty of harrowing combat duty as part of a bid to cleanse the bug-populated planets. The Oscar-nominated effects are among the finest the genre has to offer and the bugs have a terrifying, dimensional quality that computer-generated creatures sometimes lack (compare *Starship Trooper*'s arachnids with the CGI creations in *An American Werewolf in Paris* and the recent remake of *The Island of Dr Moreau*, whose movements have an unconvincing, 'liquid' look to them). And the superbly choreographed battle scenes, with their chaotic, up-close-and-personal camerawork, are as bloody and brutal as anything seen in *Braveheart* or *Saving Private Ryan*. As with the characters in Verhoeven's previous movie, *Showgirls* (the terminally tawdry, universally ridiculed rags-to-riches tale of a Las Vegas lap dancer), the impossibly good-looking heroes of *Starship Troopers* are drawn with little regard for depth. But the situations they find themselves in are extremely exciting and Verhoeven's unrelenting, propulsive pace ensures that our attention is never allowed to wander.
Sky Premier Saturday 10th 10.00pm

WILD AT HEART

Regular viewers of National Geographic Channel relish being taken on armchair expeditions to remote, mysterious and inhospitable places, such as the the desert, the jungle or the ocean floor. In this week's premiere of *Wild City*, the channel journeys into the urban sprawl of New York and heads for Central Park. While it is not quite as exotic as the locations listed above, the park has a mystique all its own and, more pertinent to this programme, is a haven in the heart of the city for an astonishing array of wildlife. Cult Hollywood actress Isabella Rossellini, whose films include *Blue Velvet* and *Wild at Heart* for director David Lynch, is our guide on this fascinating exploration of its 843 acres.
National Geographic Channel Tuesday 13th 9.00pm

CAUGHT UP IN THE NET

In his 1995 movie *The Net*, producer-director Irwin Winkler skilfully wove scenes of nail-nibbling suspense through the twists and turns of an intriguing plot. A deviously scripted conspiracy thriller, it starred Sandra Bullock as computer trouble-shooter Angela Bennet, whose dull life mutates into an inescapable waking nightmare when she stumbles across some dangerous information on a floppy disk: her identity is swapped with that of a wanted criminal, several of her acquaintances die in mysterious circumstances, and she is forced to become a fugitive and draw upon her prodigious PC skills to dodge a sinister cybervillian. Now *The Net* has been translated to television (with Winkler acting as executive producer) and its sense of paranoia seems even more intense and claustrophobic than that of its big screen counterpart. Former *Melrose Place* star Brook Langton steps into Bullock's shoes in an excellent spin-off that owes something of a debt to the Sixties chase series *The Fugitive*, which hurtled after a wrongly accused man on the run. In this week's episode, *Death of an Angel*, Angela fakes her own death in a bid to escape from the Praetorians – a sinister secret society that is plotting to dominate the world via computer systems – and tries to start afresh by taking up residence at a university.
Sci-Fi Sunday 11th 10.00pm

Saturday 10 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.25am The Bomber Boys
1995, rating Sky PG, 88 mins
8.00 Old Yeller
Dorothy McGuire, Fess Parker
1957, rating Sky PG, 80 mins
10.00 Home Alone
Macaulay Culkin, Joe Pesci
1991, rating Sky PG, 99 mins
12noon George of the Jungle
Brendan Fraser, Leslie Mann
Text *1997, rating Sky U, 88 mins*
2.00pm The Bomber Boys
Martin Sheen, Joe Mantegna
Three boys escape their angry parents and flee to a hideout, where they find an atomic bomb. Seeing their opportunity, they decide to hold the country to ransom.
1995, rating Sky PG, 88 mins

4.00 Home Alone
Macaulay Culkin, Joe Pesci, Daniel Stern, John Heard
When the McCallister family rush off to Paris on Christmas vacation, they leave behind something very important – their youngest son Kevin. All alone in the sprawling home, Kevin discovers that fending for himself can be a lot of fun.
1991, rating Sky PG, 99 mins
6.00 George of the Jungle
Brendan Fraser, Leslie Mann
Comedy. Vine-swinging mayhem ensues when a clumsy but well-meaning jungle dweller falls in love with a beautiful explorer, after rescuing her from a rampaging lion. Text
1997, rating Sky U, 88 mins
7.30 p:review
A look at the coming week on Sky Movies.
8.00 Volcano
Tommy Lee Jones, Anne Heche
Los Angeles finds itself sitting atop an erupting volcano, which spells disaster for the millions of people who call the City of Angels home. The emergency chief, aided by a sassy scientist, must find a way to hold back the lava if the citizens of LA are to avoid 'judgement day'. Text
1997, rating Sky 12, 100 mins
10.00 Starship Troopers
Casper Van Dien
PREMIERE When earth is threatened by aliens, John Rico joins the army and prpeares to fight, leaving his anxious high-school sweetheart and parents behind. However, even the most vigourous training fails to prepare him for the harsh realities of war. *1997, rating Sky 18, DS, 124 mins*
12.10am Beverly Hills Cop
Eddie Murphy
A fast-talking Detroit cop pursues his investigation to Beverly Hills.
1984, rating Sky 15, 101 mins
1.55 Starship Troopers
Family drama. Text *1997, rating Sky 18, DS, 124 mins*
4.05-5.30am Old Yeller
1957, rating Sky PG, 80 mins

SKY MOVIEMAX
PREMIUM CHANNEL

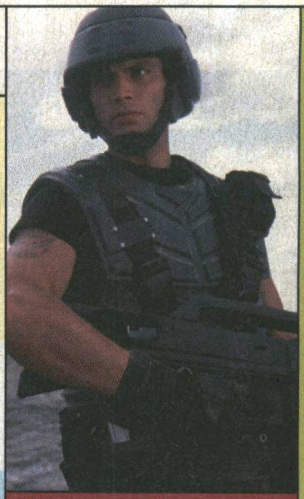
7.00am Cosmic Shock
Connie Sellecca, Ed Marinaro
1997, rating Sky PG, 88 mins
9.00 See You in the Morning
Jeff Bridges, Drew Barrymore
1989, rating Sky PG, 114 mins
11.00 McHale's Navy
Tom Arnold, Tim Curry
1996, rating Sky PG, 105 mins
1.00pm Outside Chance of Maximilian Glick
1988, rating Sky PG, 92 mins

3.00 Cosmic Shock
Connie Sellecca, Ed Marinaro, Jessica Walter, Marsha Warfield
Dr Paul Sorenson discovers a comet on a collision course with earth, but no one will believe him. To avert the disaster, he steals a nuclear missile. With the FBI on his trail, can he convince the authorities that his claims are true before the comet strikes?
1997, rating Sky PG, 88 mins
5.00
See You in the Morning
Jeff Bridges, Drew Barrymore, Farrah Fawcett, Lucas Haas
Drama starring Jeff Bridges as a psychiatrist who must draw on all his analytic resources and skills to contend with two difficult step-children when he remarries, after his first marriage to a model breaks up.
1989, rating Sky PG, 114 mins
7.00 McHale's Navy
Tom Arnold, Tim Curry, Ernest Borgnine, Dean Stockwell
McHale and his men lead a charmed life stationed on a sleepy Caribbean island, soaking up the sun and cooling off in the emerald sea, until the maniacal Major Vladakov invades a nearby island, putting a damper on their easy lifestyle.
1996, rating Sky PG,105 mins
9.00 House of Frankenstein – Part I
Greg Wise, Miguel Sandoval
A team of creatures, including Frankenstein's monster, are terrorising present day Los Angeles.
1997, rating Sky 15, 85 mins
10.30 House of Frankenstein – Part II
Greg Wise, Miguel Sandoval
Second of a two-part horror romp about a team of vampires, werewolves and assorted blood- suckers and ghouls who are terrorising present day Los Angeles.
1997, rating Sky 15, 82 mins
12midnight The Addiction
Text *1997, rating Sky 18, 79 mins*
1.25am
The Serpent and the Rainbow
1988, rating Sky 18, 94 mins
3.05 Zombiethon
1986, rating Sky 18, 69 mins
4.20-6.00am Outside Chance of Maximilian Glick
1988, rating Sky PG, 92 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am
Tammy and the Bachelor
1957, rating Sky U, 86 mins
12.30pm The Macomber Affair
Gregory Peck, Robert Preston
Safari adventure based on an Ernest Hemingway story.*1947, rating Sky PG, 85 mins*
2.00 Hail the Conquering Hero
Eddie Bracken, Ella Raines, William Demarest, Raymond Walburn
Satirical comedy about a rejected soldier who sends cards from the major theatres of war and is wrongly acclaimed as a hero in his home town. *1944, rating Sky PG, 96 mins*

4.00 The Hunters
Robert Mitchum, Robert Wagner, Richard Egan, Mai Britt
Realistic war drama about a US pilot who arrives in Korea to execute a top secret mission. He encounters plenty of military problems, and also romantic ones when he falls for the wife of a younger flier who has crashed behind enemy lines.
1958, 104 mins
6.00 King Richard and the Crusaders
Rex Harrison, Virginia Mayo, George Sanders
Historical adventure concerning King Richard's ill-fated Third Crusade. Not only does he have to do battle with the Moslems, who are fighting to drive him out of their country, but also with the treachery of his own men.
1954, rating Sky PG, 109 mins
8.00 Taps
George C Scott, Timothy Hutton, Sean Penn, Tom Cruise
Siege drama set in an American military training academy, with a variety of fresh-faced stars as the rebellious young recruits. Timothy Hutton stars as the leader of the students who decides to occupy the college when plans for its closure are mooted.
1981, rating Sky 12, 121 mins
10.05 Citizen Kane
Orson Welles, Joseph Cotten, Dorothy Comingore
Welles' directorial debut chronicles the fictional life of Charles Foster Kane, a humble and rather timid young boy who worked his way up through the ranks to become a media baron, only to discover that life at the top was isolating and lonely.
1941, rating Sky U, 114 mins
12.05am
Hail the Conquering Hero
Eddie Bracken, Ella Raines
Satirical comedy about a rejected soldier who is wrongly acclaimed as a war hero in his home town.
1944, rating Sky PG, 96 mins
1.50-3.30am The Sentinel
Chris Sarandon, Cristina Raines
1977, rating Sky 18, 88 mins



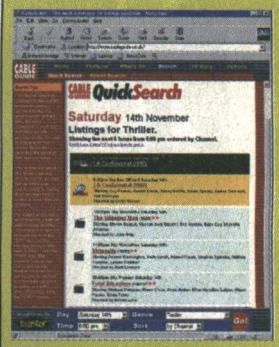
Casper Van Dien stars in the premiere of 'Starship Troopers'. Sky Premier 10.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Victor/Victoria
Julie Andrews, James Garner, Robert Preston, Lesley Ann Warren
Musical sex farce about an out-of-work singer stranded in Paris who finds work by pretending to be a man posing as a woman. Her quasi-transvestite act takes a local gay club by storm and brings her to the attention of a heterosexual Chicago gangster who is confused by his feelings for a 'man'. *1982, 133 mins*
11.45 Butterfield 8
Elizabeth Taylor, Laurence Harvey, Dina Merrill
Bitter melodrama about a high-class prostitute who meets her ideal man in a New York hotel.
Widescreen *1960, 104 mins*
1.45am Hit Man
Pamela Grier, Bernie Casey
Thriller. *1972, 87 mins*
3.30-5.00am
Village of the Damned
Horror movie. *1960, 74 mins*



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http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Sleeper
Woody Allen, Diane Keaton, John Beck, Mary Gregory
Slapstick comedy in which a saxaphone-playing, Greenwich Village health food store-owner is frozen and brought back to life 200 years in the future by anti-government radicals only to find himself swept up in a revolt against a ruthless and dictatorial world leader. *1973, 84 mins*
8.00
The Man with Two Brains
Steve Martin, Kathleen Turner, David Warner, Paul Benedict
A brilliant brain surgeon and inventor of the 'cranial screw top' is frustrated by his sexless marriage to a tantalising but distant woman, but finally finds love with the disembodied brain of a woman murdered by a serial elevator killer. *1983, 86 mins*
10.00 Mary Shelley's Frankenstein
Robert De Niro, Kenneth Branagh, Helena Bonham Carter
Modern horror flick which sticks closely to the novel written by the 18-year-old Mary Shelley. A monster is made by the idealstic young medical student Victor Frankenstein from the pieces of various dead bodies, and brought to life.*1994, 118 mins*
12.05am Gothic
Gabriel Byrne, Natasha Richardson
Horror. *1986, 83 mins*
1.35 Everything You Ever Wanted to Know About Sex...
Woody Allen comedy. *1972, 85 mins*
3.05 Privates on Parade
Comedy. *1982, 108 mins*
4.55-6.00am
Short Film: California Sunshine

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Starring Wesley Snipes and Tommy Lee Jones.
1998, Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is, while avoiding the mysterious forces that seem intent on destroying him. Stars Rufus Sewell and William Hurt.
1998, Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Saturday 10 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends.
7.30 Superhuman Samurai Syber Squad 8.00 Mysterious Island 9.00 The Simpsons Text 9.30 Pokémon 10.00 Shadow Raiders 10.30 Godzilla 11.00 World Wrestling Federation – Live Wire 12noon World Wrestling Federation – Shotgun 1.00pm Pacific Blue 2.00 America's Dumbest Criminals 2.30 Pokémon

3.00 Godzilla
Animated adventure.

3.30 Shadow Raiders
Behold, The Beast
The survivor of a destroyed world escapes to another galaxy.

4.00 Star Trek: Deep Space Nine
Return To Grace
A demoted Dukat enlists Kira's aid in regaining his former status in the Cardassian Empire. Text

5.00 Star Trek: Voyager
Flashback
After becoming ill, Tuvok has visions of the days when he served on a starship under the famous Captain Sulu. Text

6.00 Early Edition
Home
NEW SERIES What would you do if you knew tomorrow's news – today? Commodities trader Gary Hobson has to decide.

7.00 Hercules: The Legendary Journeys
Norse by Norsevest
Hercules has a dream in which he senses he must travel north to the land of the Vikings.

8.00 World's Most Incredible Animal Rescues
This one hour special will reveal some of the most amazing and startling animal rescues ever.

9.00 Stargate SG-1
Enigma
The SG-1 team rescues a group of aliens, but must prevent the aliens' technology from falling into the wrong hands. Text

10.00 Stargate SG-1
Solitudes
A Stargate malfunction leaves O'Neill and Carter stranded in an icy crevasse on an unknown planet. Text

11.00 Feature

12midnight Showbiz Weekly
In-depth coverage of film, music, TV and big name celebrity interviews.
12.30am Malibu Shores
The Lie
Chloe and Josh's father, Jack, makes an unexpected visit.
1.30 The Extraordinary Text
Including unpiloted planes.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
Soap set in St Angela's Hospital.
7.30 Neighbours Omnibus
A surprise causes problems for Cameron and Jim makes a shocking discovery.
9.25 Dallas Omnibus
JR uncovers evidence that proves Clayton is innocent.
12.10pm EastEnders Omnibus
Etta is worried about Lloyd's friends and Frank does some DIY.

3.00 The Bill Omnibus
This afternoon's omnibus includes episodes about a mystery body found after an office party and two Rottweilers terrorising a shopping centre. Also Meadows gets frustrated about having to release a loan-shark again on bail after a witness is intimidated. The Crown Prosecution Service want to drop the case but Meadows is determined to get his man.
5.20 To the Manor Born
Audrey takes DeVere to task for failing to turn up in church but then fails to practice what she preaches.
6.00 FILM: The Three Musketeers
Michael York, Raquel Welch, Faye Dunaway, Oliver Reed
Comic adaptation of the books by Alexandre Dumas.
D'Artagnan and his loyal trio engage in numerous sword fights and battles in an attempt to retrieve the Queen of France's diamonds, stolen by wicked Cardinal Richelieu. *1973*
8.00 Bread
Carla Lane's Liverpudlian sitcom about the Boswells, a family of loveable rogues.
8.40 Open All Hours
Sitcom about miserly shopkeeper Arkwright and his nephew.
9.20 Fawlty Towers
The Kipper and the Corpse
Classic sitcom with the inept Torquay hotelier, Basil Fawlty.
10.05 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show with team captains Mark Lamarr and Ulrika Jonsson.
10.45 Bottom
Culture
Richie and Eddie's television is taken away.
11.25 Monty Python's Flying Circus
Seminal comedy sketch show.
12.05am FILM: The Beast in the Cellar
Beryl Reid, Flora Robson,
Chiller in which a series of murders shakes a quiet English village. *1971*
2.05 Some Mothers Do 'Ave 'Em
A Christmas special from 1978.
3.00-7.00am Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Can't Cook, Won't Cook
6.30 Through the Keyhole
7.00 Tiny Living
9.00 Can't Cook, Won't Cook
9.30 TV Dinners
10.00 Entertainment Now!
10.15 Home and Away
12.30pm FILM: Jacqueline Bouvier Kennedy
Jaclyn Smith, James Franciscus
Biopic which documents the life of America's dazzling first lady. *1981*

3.20 FILM: A Mother's Courage: The Mary Thomas Story
Alfre Woodard, Mary Thomas
Dramatisation of a single mother's attempts to protect her large family from gangs and drugs. She tries to keep them away from the daily temptations of the street and in school. *1989*
4.40 Maury Povich
A double bill of the compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20 Michael Cole
No-holds-barred talk show in which host Michael Cole tackles sensational subjects with a studio audience.

8.00 Change of Heart
Dating show in which partners meet their dream date
8.30 The Dating Game
Dating show in which guests must pick looks or personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Sex Bites
Raunchy late-night fun with Katrina Buchanan.
11.00-12midnight Passion Double Bill
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Mission: Impossible
7.00 Plus on Plus
7.30 Cannon and Ball Show
8.00 Doctor at Sea
8.30 Supersonic
9.00 The Avengers
10.00 The Persuaders
11.00 Hawaii Five-O
12noon Second Thoughts
12.30pm Plus on Plus
1.00 Mission: Impossible
2.00 The Return of the Saint

3.00 The Darling Buds of May
Stranger At The Gates
After Charley accidentally discovers Pieter was German, he is no longer welcome.
4.00 The Love Boat
Message For Maureen
A wheelchair-bound ex-sports star meets the journalist who crucified her in print, and a stowaway creates chaos.
5.00 The Persuaders
Someone Waiting
Motor racing has hazards off the track as well as on as Brett and Danny discover when Brett receives threats to his life.
6.00 The Benny Hill Show
Comedy icon Benny Hill in a series of hilarious sketches, featuring a host of quirky characters, guest stars and a bevy of beauties.
7.00 The Avengers
Wish You Were Here
Steed and Tara are held prisoner in a hotel which is booby-trapped as well. With Patrick Macnee and Linda Thorson.
8.00 The Darling Buds of May
Stranger at the Gates
After Charley accidentally discovers Pieter was German, he is no longer welcome.
9.00 Another Audience with Dame Edna
Co-hosted by Sir Les Patterson. Guests include Germaine Greer and Julie Walters.
10.00-11.00pm The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm V.P.L.
Alternative fashion programme, presented by Francine Lewis.
11.30 The Hot House
Comedy, music and guests with Kim Hughes and Terry Christian.
12midnight Jo Guest's Private Parts
Jo visits a lingerie factory.
12.30am Bigger Better Battling Babes
Foxy babes fight for the world title.
1.00 Real Sex
Cyber sex uncovered.
1.30-2.00am A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 Winnie the Pooh 7.00 Bite Size 7.20 Big Blue House 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids 9.00 Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs 1.30 Disney on Demand

3.00 The Little Mermaid
Undersea adventures with Ariel and her friends. Text
3.30 Goof Troop
The superstar's gone mad in his own cartoon series. Text
4.00 101 Dalmatians
Canine capers. Text
4.30 Hercules: The TV Show
Hercules and the Griffin
Herc gets involved in Griffin's feud with Arismap. Text
5.15 Hercules: The TV Show
Hercules and the Techno-Greeks
Herc and Bloatox have to team up to defeat Tempest. Text
6.00 Smart Guy
TJ's a smart kid who's put into tenth grade. Text
6.30 Boy Meets World
The Double Lie
Shawn and Jonathan lie. Text
7.00 FILM: D3: The Mighty Ducks
Emilio Estevez, Jeffrey Nordling
They're the coolest dudes on ice – they're the Mighty Ducks, Disney's legendary ice hockey champs. After their triumph in the Junior Goodwill Games, they win athletic scholarships to the Eden Hall academy. *1996* Text
8.40 Honey, I Shrunk the Kids: TV Show
Honey, Meet the Barbarians
Diane runs for the school board, to stop budget cuts. Text
9.30 Dinosaurs
Puppetry and animation based on an idea by Jim Henson. Text
10.00 Home Improvement
10.30 The Wonder Years
11.00 Dr Quinn: Medicine Woman
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Starship Troopers
Sky Premier 10.00pm
Provocative Dutch director Paul Verhoeven returns to the sci-fi genre for the premiere of this big-budget, ultra-violent bug hunt. The characters might be shallow but the effects are excellent and the plot never relinquishes its grip on the viewer.

GENERAL

Mystery Science Theatre 3000
Sci-Fi 1.00am
Tonight on the spaceship *The Satellite of Love*, host Mike Nelson and his robot sidekicks Tom Servo and Crow heckle their way through one of the worst movies they've been forced to sit through: Italian hack Alberto De Martino's nutty, zero-budget superhero flick *Puma Man*.

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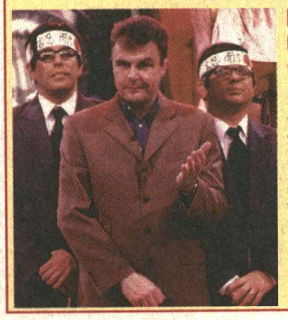


ENDURANCE UK 2
10.00PM
It's gutsy, gruelling and gruesome, and it's back ... yes, *Endurance UK 2* gathers the hardest birds and blokes in the country to find out how much they can stomach in a series of daring, disgusting challenges. Paul Ross hosts.

Saturday 10 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am YOZ
8.30 YOZ Action
9.30 Mountain Bike
10.00 Tennis – LIVE
Coverage of the ATP Tournament in Gstaad, Switzerland.
2.00pm Cycling – LIVE
Coverage of the seventh stage of the Tour de France from Avesnes-sur-Helpe to Thionville.
2.45 Formula 3000 – LIVE
Action from the fifth round of the FIA Formula 3000 International Championship at Silverstone. Last year's winner in Silverstone was Juan Pablo Montoya.

4.00 PM

4.30 Cycling
Highlights from today's stage of the Tour de France: Avesnes-sur-Helpe to Thionville.
5.30
Beach Soccer – LIVE
Action from the finals of the French Open in Anglet. Featuring teams from Germany, France, Holland and Italy, including retired international football stars. Germany's team includes the likes of Bernd Förster and Manfred Kaltz.

7.00 PM

7.00 Superbike World Championship – LIVE
Action from qualifying for the eighth round of the World Championship in Laguna Seca, California.

8.00 PM

8.00 Cycling
Highlights from today's stage of the Tour de France: Avesnes-sur-Helpe to Thionville.
9.00 Football – LIVE

9.00 PM

Coverage of the final of the Women's World Cup in the USA. Four years after Norway's victory over Germany, the new World Champions will be crowned at the Los Angeles Rose Bowl.

10.00 PM

11.00 Formula 3000

11.00 PM

Coverage of the fifth round of the FIA Formula 3000 International Championship at Silverstone.
12midnight-1.00am
Superbike – LIVE
Qualifying practice for tomorrow's World Championship race in Laguna Seca, California.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Super League
7.00 Sky Sports Centre
7.30 Aerobics Oz Style
8.00 Racing News
8.30 Ford International Rugby Union: Tri-Nations – New Zealand v South Africa
10.30 Extreme Sailing
11.00 Cricket: Super Cup Semi-Final – LIVE
2.30pm Second Innings

3.00
Cricket: Super Cup Semi-final – LIVE
Further live coverage from the first Super Cup semi-final. The top eight domestic counties kicked off cricket's newest 50 overs competition in June. There are now four teams left, striving for a coveted place in the final at Lord's next month.

6.30
Bobby Charlton's Football Scrapbook
Each week a different football great joins Bobby Charlton and Dickie Davies to look back at some of the key matches in his career.

8.00 Saturday Fight Night – LIVE
Paul Dempsey presents another night of live top class boxing.

10.00 Ford International Rugby Union: Tri-Nations – New Zealand v South Africa
Mark Durden-Smith presents coverage from the opening game in the Tri-Nations tournament. Carisbrook, New Zealand provides the venue for the clash.
12midnight
Australian Rules Football
2.00am Saturday Fight Night
4.00 Gaelic Games
5.00 Extreme Sailing
5.30-6.00am Gillette World Sport Special

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited
7.00 Aerobics Oz Style
7.30 Racing News
8.00 Sky Sports Centre
8.30 Gillette World Sport Special
9.00 Soccer AM
12noon Australian Rules Football
2.00pm Max Power
Featuring motor sport from around the world.

3.00
World Motor Sport
Fast-paced coverage from the circuit, where all the latest news and views are covered. From the frantic pace of the Indy Racing League, to the never-say-die approach of the NASCAR series, World Motor Sport features every lap from every track. The programme also includes features on the key movers and shakers in the race world so that viewers can gain an insight into life behind the wheel.

6.00
Irish Motor Sport
6.30 Baseball Max
Highlights of the past week in the Major leagues plus special features.
7.00 Copa America Football: Quarter-Finals – LIVE
Action from Paraguay from the first and second of the quarter-final clashes in this year's Copa America – the world's oldest football competition outside the Olympic Games. Brazil are the defending champions, but their rivals – including the strongly-fancied Argentinians – will be eager to dethrone them this time round.

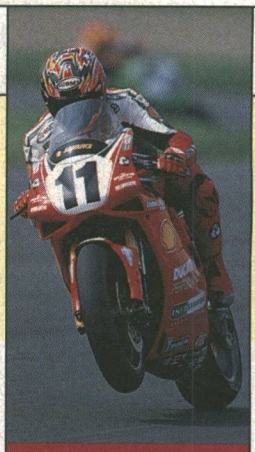
1.00am Major League Baseball: Atlanta Braves v Boston Red Sox
Action from America's number one spectator sport.
4.00 Max Power
5.00 Irish Motor Sport
Fast action from Ireland.
5.30-6.00am Rebel Sports

SKY SPORTS 3
PREMIUM CHANNEL

10.30am Australian Rugby League – LIVE
Action from another top match in the Australian Rugby League.
12.30pm Ford Golf USA: US Senior Open and Greater Milwaukee Open
Repeat from Friday
2.30 Ford International Rugby Union: Tri-Nations – New Zealand v South Africa
Mark Durden-Smith presents coverage from the opening game in the Tri-Nations tournament. Carisbrook provides the venue for the clash between New Zealand and South Africa, the champions of 12 months ago. With the Rugby World Cup on the horizon, both teams are aiming for a morale-boosting victory.

4.30 Golf: European Golf Skills Challenge
Action from the European Golf Skills Challenge at the Wentworth Course's famous 18th hole. Eight of Europe's top golfers are competing for a prize of $300,000 in various skill-related events.
6.30 Ford Golf USA: Greater Milwaukee Open – LIVE
Live action from day three of the Greater Milwaukee Open, which was won by Jeff Sluman last year. The US PGA's top golfers return to the Brown Deer Park Golf Course in a tournament which carries a total purse of $2.3 million.
8.30
Ford Golf USA: US Senior Open – LIVE
Live action from day three in $1.5 million US Senior Open. Des Moines Golf & Country Club hosts the competition won last year by Hale Irwin.

11.00 Baseball Max
The best of baseball on and off the pitch.
11.30-12midnight Rebel Sports
Wild and madcap series.



Troy Corser races in the Superbike World Championship at Laguna Seca, California. Eurosport 7.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Junior Masterfan
7.00 An Audience with...
A United legend takes centre stage to share memories and answer fan's questions.
8.00 Red Hot News
8.15 Super Match Shorts
Classic match action in a bite size chunk.
8.30 Super Match
Relive one of United's great games from the past.
9.30 Red Hot Update
The latest United news.
9.35 Super Match Continued
The action continues in tonight's featured game.
10.30 Red Hot News
10.45 Super Match Shorts
11.00-12midnight Did You See...
If you missed it, don't worry, sit back and relax with all the best bits from the week on MUTV.

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

SCI-FI
ACTION PACK

7.30am Cybernet 8.00 The Flash 9.00 Ray Bradbury 9.30 New Alfred Hitchcock 10.00 Robocop 11.00 The Incredible Hulk 12noon-5.00pm The Twilight Zone
12noon *Nick of Time*
12.30pm *The Lateness of the Hour* 1.00 *The Trouble with Templeton* 1.30 *A Most Unusual Camera* 2.00 *Night of the Meek* 2.30 *Dust*

3.00 *Back There*
A man finds himself transported back to 1865.
3.30 *The Whole Truth*
A used car lot owner tries to get rid of a haunted car.
4.00 *The Invaders*
A woman is plagued by two miniature invaders from another planet.
4.30
Penny for Your Thoughts
5.00 FILM: King Kong Lives
Peter Elliot, George Yiasomi, Brian Kerwin
Sequel to the 1976 *King Kong*. Having survived his fall off the Empire State Building, Kong has been in a coma for ten years and needs a blood transfusion for an artificial heart. *1986*

7.00 Robocop
Public Enemies
Robocop must save the President and First Gentleman from an assasination plot.
8.00 FILM: The Day of the Triffids
Howard Keel, Nicole Maurey, Janette Scott
A US naval officer awakes to discover that apart from himself most of the world's population has been blinded by a meteor shower that has mutated experimental plants into deadly, mobile maneaters. *1963*
10.00 FILM: Ticks
Rosalind Allen, Ami Dolenz, Seth Green
A group of inner city teenagers are taken on a trip into the wilderness by a social worker. There they have to contend with ticks that have an appetite for human flesh. *1993*
11.35 Sci-Focus Special
12midnight Perversions of Science
Snap Ending
12.30am The Hunger
Menage a Trois
1.00 Mystery Science Theatre 3000
3.00-4.00am Dark Shadows
Double bill of the horror series.

LIVE SUPERBIKE WORLD CHAMPIONSHIP EUROSPORT 7.00PM

Britain's Carl Fogarty is making a pretty good fist of defending his Superbike World Championship, but the pack is closing in fast. Tonight's coverage is of the final practice for the 8th round of the series, which comes from Laguna Seca, California. Hot on Foggy's tail are the 1996 champion Troy Corser, new US hero Colin Edwards and a couple of young guns from Japan – Noriyuki Haga and Akira Yanagawa who are finally turning years of promise into championship points.

ITV2
ACCESS PACK

9.25am Toddler's CITV2
11.05 Dream Street
11.15 The Adventures of Captain Pugwash
11.25 Wolves, Witches and Giants
11.40 Zzzap!
12noon Captain Simian and the Space Monkeys
12.20pm The Zig and Zag Show
12.35 The Rottentrolls
12.45 Knight School
1.15 Extreme Dinosaurs
1.40 Energize
2.00 Extreme Ghostbusters
2.30 Waynehead
2.50 Are You Afraid of the Dark?
3.10 The Quick Trick Show
3.25 Lavender Castle
3.40 Home and Away
5.30 Futbol Mundial
A look at the best in the world of football.
6.00 Taking the Pitch
6.30 Dealer's Choice
7.00 The Locker
7.30 The Mix
8.30 Maggie Winters
9.00 Always and Everyone
10.00 Strassman
10.30 The Bill
Double bill of police drama.
12.30am God's Gift
A studio audience decide which man is really God's gift to women.
1.30 The Haunted Fishtank
Ed Hall presents television news, reviews and previews.
2.00-2.30am Videotec

TELEVISION X
ADD-ON CHANNEL

12midnight Preview
12.10am Stripper of the Year 12.20 Double Agent
12.45 FILM: Back Slidin'
1.00 Free View
1.05 FILM continues
2.00 Free View
2.05 Adult Feature
2.30 FILM: Forever Night
3.40-4.00am Karen

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Saturday 10 July

A profile of the comic actor Kenneth Williams. UK Arena 7.55pm, 8.55pm, 1.05am, 2.00am

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Strike it Lucky
With Michael Barrymore.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30
The Games Room
6.40 Candid Camera
7.15
The Games Room
7.25 Roll with It!
Musical gameshow with Keith Chegwin.
7.55
The Crystal Maze
The programme with an eclectic collection of games and challenges, both mental and physical. With Richard O'Brien.
9.00
The Games Room
9.15
Karaoke Challenge
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in Challenge TV's brand new late night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the stars hoped you would never see, exposed in all their uncut glory.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Indecent Proposals 10.00 UWA Wrestling Rampage 11.00 Boys' Toys 11.30 Lie Detector 12noon The Fashion Show 12.30pm No Tomorrow 1.00 Judge Judy 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing action.
4.00
Mis-Match of the Day
Celebrity football challenge.
4.30 Agony
More advice for troubled souls from the straight talking agony aunts.
5.30
Indecent Proposals
Members of the public are paid cash for performing foolish stunts.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00
The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00
Bangers and Smash
Stock car racing action.
8.30
Mis-Match of the Day
Celebrity football challenge.
9.00 UWA
Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 School Dinners 10.30 Food for Thought 11.00 Taste of the Times 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Ross on the Range 1.00 Newman Meets 1.30 The Spice Trail 2.00 The Alex Factor 2.30 Food Network Daily 3.00 Japaneasy
Sushi
3.30 Simply Fish
Pan-Fried Halibut
4.15-5.00pm
More Simply Antony
Moroccan

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Victorian Cookery
5.30 Get Smart
That Old Gang of Mine

6.00 I Spy
Sophia
On holiday in Rome, Kelly and Scott get involved with the impending marriage of Scotty's foster daughter.
7.00
An Inspector Calls
Unplanned Erections
7.30
Birds of a Feather
Shift
8.00 Peak Practice
Roses around the Door
Jack discovers the harsh realities of country life when a farm worker falls victim to a crippling illness.
9.00 Fragile Heart
Beset by doubts about his life, Edgar Pascoe finds his relationship with his wife deteriorating.

10.00 Wildside
Gritty police drama series set around a group of people who work in a downtown police station and renegade crisis centre.
11.00
Hill Street Blues
Of Mouse and Man
Furillo is pressured to find the killers of a prominent black public defender.
12midnight I Spy
Sophia
Staring Robert Culp and Bill Cosby.
1.00am Jenny Eclair's Private Function
A topical, comical chat and review show.
1.30-2.00am The Screen

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Dreams
Troy agrees to help Jeremy on his low budget film.
2.00 Lassie
Full Circle
2.30 Lassie
Children's drama series.

3.00 Animal Doctor
A behind-the-scenes look at the work of the RSPCA.
3.30 Animal Doctor
A behind-the-scenes look at the RSPCA vets.
4.00 Going Wild with Jeff Corwin
Rincon de la Vieja, Costa Rica
4.30 Going Wild with Jeff Corwin
5.00 Horse Tales
Pardubice: The Devil's Race
Real-life stories of individual horses.
5.30 Horse Tales
Big Top
6.00 Judge Wapner's Animal Court
Judge Wapner presides over cases involving dogs.
6.30 Judge Wapner's Animal Court
7.00
Life with Big Cats
A look at how Hollywood actress Tippi Hedren established a wild cat reserve north of LA.
8.00 Hollywood Animal Stars
A celebration of Hollywood's animal film stars, including Lassie, Flipper, Trigger and Babe.
9.00 Hollywood Animal Stars
Featuring rare film footage of a waterskiing elephant and a figure-skating chimpanzee.
10.00 The Making of The Leopard Son
A look at the shooting of Hugo van Lawick's *The Leopard Son*, the tale of a young leopard in Tanzania.
11.00
Emergency Vets
A behind-the-scenes look at the work of the RSPCA.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons 9.00 The Face of Tutankhamun 10.00 Ice Mummies 11.00 Lenin's Secret Files 12noon Tomorrow's World Plus 1.00pm Clive James: Postcard from Berlin 2.00 Marmot Mountain 2.30 Bodysnatchers

3.00 The Private Life of Plants
Flowering
David Attenborough's incredible journey into the world of plants.
4.00
Dusk of the Badger
Animal drama telling the story of one of Britain's best loved yet most persecuted creatures.
5.00 Animal Hospital
Rolf Harris catches up with the action at the busy RSPCA Hospital.
5.30 Zoo's Company
Two-Way Traffic
6.00 Secrets of the Paranormal
In Search of Jane
6.30 Local Heroes
North West
With Adam Hart-Davis.
7.00
Killing for a Living
Killers in the Dark
A look at the wild side of animal life in this five-part series of wildlife films.
8.00 Secrets of Lost Empires
The Obelisks of Ancient Egypt
Art Malik watches the construction of an obelisk.
9.00
Close Encounters
Dr Sue Blackmore examines claims that 4 million Americans have been abducted by aliens.
10.00 Top Gear GTi
The *Top Gear* team present a specially extended edition of their show exclusively for UK Horizons viewers.
11.05 UFO Diaries
11.35 Living with the Enemy
12.05am-1.00am
The OJ Simpson Trial

UK PLAY:
1.00am Lucas and Walliams in Rock Profile 1.30 Mark and Lard 2.00 FuturTV 2.30 Bob Downe 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 Flatmates 5.30 Chris Moyles 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden Livetime 7.00 View 7.50 Passions 8.00 Rosemary Conley 8.30 Gardeners' Diary 9.00 Montel Williams 10.00 Intimate Portrait 10.50 Passions 11.00 Perfect Parenting 11.30 Susan Brookes 12noon Indoor Garden 12.30pm Cook's Garden 1.00 Home and Garden 2.00 The View

3.00 Home and Garden Livetime
Interior design, DIY and gardening advice, demonstrations and top tips from the experts.
4.00 The Montel Williams Show
Pregnant and Needing Help
With the award-winning US chat show host.
5.00-6.00pm
Intimate Portrait
Cindy Crawford
Profile of the supermodel turned actress.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Eclipse Chasers
For an eerie minute in '95, the temperature dropped and darkness descended in the middle of the day.
8.00
Nuisance Alligators
Alligators and humans are competing for territory.
8.30
The Year of the Bee
9.00
Medical Miracles
Revealing how those suffering from disease are being helped by futuristic medicine.
10.00 Return to the Death Zone
David Breashears sheds new light on the effects of extreme altitude on decision-making.
11.00
Atomic Filmmakers
This is the incredible story of the filmmakers who documented the US's nuclear bomb tests.
12midnight Deep Diving
This programme goes under the waves to discover the hidden ocean world and the role sharks play.
12.30am-1.00am The Man Who wasn't Darwin
Following the footsteps of Alfred Russell Wallace.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00 Freeview 10.05 Special: Playboy's Erotic Underground 11.15 Sex Guides 12midnight Freeview 12.10am Katie's Fantasies 12.30 Adult Feature 1.00 FILM: My Dear Laura 2.25 Dungeon Dykes 2.50-4.00am FILM: Wicked Ways Volume 2

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 10.00 European Top 20 12noon A-Z of Pop Weekend 1.00pm Total Request
An hour devoted to the requests and messages of viewers.
2.00 The Lick R&B Chart Show 3.00 Bytesize MTV 4.00 Select MTV 6.00 News 6.30 MTV Live 7.00 A-Z of Pop Weekend 10.00 Say What?? 11.00 Total Request 12midnight brand:new 1.00am Saturday Night Music Mix 3.00 Chill Out Zone
A cool mix of ambient, indie and break beats for the perfect start to Sunday morning.
5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Greatest Hits of... 9.30 Talk Music 10.00 Something for the Weekend 11.00 Millennium Classic Years 1975 12noon Gail Porter 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 American Classic 3.00 The VH1 Album Chart Show 4.00 Big 90s Hits Weekend 8.00 VH1 Disco Party 9.00 Kate and Jono Show 10.00 Gail Porter 11.00 Spice 12midnight Midnight Special 12.30am Ed Sullivan 1.00-6.00am Big 90s Hits Weekend

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Country Tracks 8.00 Tracks 8.30 How Does Your Garden Grow? 9.30 Growing Places 10.00 Gardeners' World 10.30 Antiques Roadshow US 11.30 The Antiques Show 12noon Moving People 12.30pm House in France 1.00 Coast to Coast 1.30 Country Tracks 2.00 Tracks 2.30-3.30am How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm Arena People: Steve McQueen 4.05 Sounds of the Seventies 4.35 Sounds of the Seventies 5.05 Later on... Ry Cooder 6.00 The Arena 100 6.30 The First, the Last, My Everything 7.00 Reviews You Can Use 7.55 Kenneth Williams 8.55 Kenneth Williams 9.55 FILM: Miami Rhapsody 11.55 Reviews You Can Use 12midnight Later on... Ry Cooder 1.05am Kenneth Williams 2.00-3.00am Kenneth Williams

Saturday 10 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Potted History 6.30 Top Marques 7.00 Tool Time 7.30 These Four Walls 8.00 Gimme Shelter 8.30 Wood Wizard 9.00 Go Fishing 9.30 Hooked on Fishing 10.00 Fishing Adventures 10.30 House Auction 11.00 House Auction 11.25 Home and Leisure House 11.30 Yankee Workshop 12noon Cookabout 12.30pm Top Marques 1.00 Doorstep DIY 1.30 House Down Under 2.00 Fishing Australia 2.30 Our House 3.00 Time Team 3.30-4.00pm Time Team

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 RTG 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon The Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby-Doo 2.00 Animaniacs 2.30 The Mask

NICKELODEON
FAMILY PACK

7.00am Extreme Ghostbusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenan & Kel 9.30 Sabrina, the Teenage Witch 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 Angry Beavers 11.30 Angry Beavers 12noon CatDog 12.30pm CatDog 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

FOX KIDS
FAMILY PACK

6.00am Masked Rider 6.30 Beetleborgs Metallix 6.55 Power Rangers 7.20 Power Rangers 7.45 Silver Surfer 8.10 Mortal Kombat 8.35 Mowgli 9.00 Goosebumps 9.25 Eerie Indiana 10.00 Sam and Max 10.25 Mad Jack 10.50 Spy Dogs 11.00 Life with Louie 11.25 Dennis and Gnasher 11.50 Goosebumps or Eerie Indiana: The Other Dimension 1.55pm The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.30 Talking Movies 8.00 Weekend 24 9.00 News 10.30 Straight Talk 11.00 News 11.30 Simpson 12noon News 12.30pm Seven Days 1.00 News 2.30 Straight Talk 3.00 News 6.30 Scoreline 7.00 News 7.30 Scoreline 8.00 News 8.30 Simpson 9.00 News 9.30 Straight Talk 10.00 News 10.30 Talking Movies 11.00 News 12.30am Seven Days 1.00 News 2.30 Simpson 3.00 News 3.30 Science 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Straight Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Europe 6.30 Business 7.30 World Beat 8.30 Sport 9.30 Pinnacle 10.30 Sport 11.30 Your Health 12.30pm Moneyweek 1.00 Report 2.30 Travel News 3.30 Sport 4.30 Pro Golf 5.00 Larry King 6.30 Fortune 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World View 11.30 Inside Europe 12.30am Health 1.00 World Today 1.30 License 2.00 Larry King 3.00 World Today 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Showbiz Weekly 10.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 3.30 Sharp End 4.30 Week in Review 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Sharp End 10.00 Sky News at Ten 11.30 Sportsline Extra 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Book Show 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Bus 7.00 Journal 7.30 Branché 8.00 Bus 9.00 Journal 9.15 Faut pas Rêver 10.00 Outremers 11.00 D (Design) 11.30 Journal 12noon Autour du Tour 1.00pm Journal 1.15 Les Raisins de la Colère 2.30 Les Inventions de la Vie 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.05 Reflets 5.00 Journal 5.15 D'un Monde a l'Autre 7.00 Journal 7.30 Journal 8.00 Journal 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Envoyé Spécial 11.00 Journal 11.30-12midnight Soir 3

3SAT 5.50am 7 Tage 6.00 Fundsachen-Neugesehen 7.00 Alpenpanorama 8.00 Zeit im Bild 8.05 Kulturzeit 8.45 Slowenien 9.15 Euro-City 9.45 Report 10.30 Vor 30 Jahren 11.15 Quer 12.15pm Rockpalast 1.00 Magazin 1.30 Atacama 2.15 Frauensache 2.45 Endlich daheim? 3.15 Rache 4.35 Tips 5.00 Wahnsinn 5.30 Ausland 6.00 Heute 6.20 Kultursommer 7.00 Tagesschau 7.15 Ersatz 8.00 Zum 10.20 Alex 11.20 Seitenblicke 11.45-12.10am Satire

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Variety 10.00 Interactive Live 11.30 News 12noon Kashmakash 12.30pm Pakistan This Week 1.00 Pakistan Business Update 1.30 FILM 4.00 Edit 4.30 Thekikaat 5.00 Kashkol 6.00 El Mulaqat 6.30 BPL Oye 7.30 Eurospice 8.00 Junoon 8.30 Mumkin 9.00 FILM 11.30 Baaje Payal 12midnight Mumkin 12.30am El Mulaqat 1.00 FILM 4.30 Junoon 5.00 Kainaat 6.00 Chand Ghazlien 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dillagi 6.30 Shabads 7.00 Faith 7.30 News 8.00 Pakistan Business Week 8.30 Jungle Book 9.00 Mr Gayab 9.30 Entertainment Express 10.00 Up Beat 10.30 Zee Addicts 11.00 Ru-ba-ru 11.30 Khana Khazana 12noon FILM 3.00pm My Choice 4.00 Jaal 5.00 Public Demand 5.30 Rishtey 6.30 Hum Paanch 7.00 Zee Top Ten 8.00 News 8.30 Jaan 9.00 FILM 12midnight News 12.30am Shapath 1.00 Purush Kshetra 2.00 FILM 5.00 Aur Ek Minute 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Kenneth Hagen 5.30 Potters House 6.00 Bishop Henry Ferdenandez 6.30 Global Harvest Force 7.00 Jack Van Impe Presents 7.30 This is Your Day 8.00 Kids' Club 8.30 Storykeepers 9.00 Edges 9.30 Voice of the Covenant 10.00-11.00am Coates and Company

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 3.19am Ask the IFA 4.15 Bloomberg Money

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 12noon Parliament 2.00pm Prime Minister's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 5.00 Parliamentary Coverage 11.30-12midnight Straight Talk

6.00 AM

3.00 PM

3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
Egotist's adventures.

3.00 Kenan & Kel
Two funky friends and their wild adventures.
3.30 Kenan & Kel
Two funky friends and their wild adventures.

3.10 X-Men
Human/mutant conflict.
3.30
Fox Kids X-Press
Magazine programme.
3.35 Spiderman

4.00 PM

4.00pm Forbidden Places: War Games
Canadian forces provide peacekeeping and humanitarian aid in a fictitious country.

4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.

4.00 Sister Sister
Life with Tia and Tamera and their single parents.
4.30 Sister Sister
Life with Tia and Tamera and their single parents.

4.00 Eerie Indiana: The Other Dimension
The town where anything can happen.
4.30 Goosebumps
Spooky stories.

5.00 PM

5.00
War and Civilization
First Blood
Looking at the evolution of civilization through the prism of war.

5.00 Ed, Edd 'n' Eddy
5.30
Cow and Chicken
Bizarre animated adventures with the surreal siblings.

5.00 Sabrina, the Teenage Witch
Supernatural fun with the crafty teen queen.
5.30 Sabrina, the Teenage Witch

5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the adults.
5.30 Ace Ventura

6.00 PM

6.00
War and Civilisation
Empire and Armies
How Roman and Chinese empires built longevity and stability on military power.

6.00 Freakazoid!
On-line antics.
6.30 The Flintstones
Prehistoric men behaving badly.

6.00 Moesha
6.30-7.00pm Moesha

6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

7.00 PM

7.00 Titanic
The Investigation Begins
The close examination of the ship progresses with an attempt to raise a section of the hull.

7.00 Batman
The animated adventures of the Caped Crusader.
7.30 Superman
Animated adventures of the Man of Steel.

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00 Sister Sister
Wedding Bells and Box Boys
7.30 Jenny
Girl's Gotta Deck the Halls

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 In the Kitchen
8.30 Household Solutions
9.30 Junior Sports Store
10.00 Spotlight on Sports
As the Tour de France continues, Shop! presents cycles and accessories for all the family.
11.00 The Gold Collection
Show you care with a gift from Shop!'s exclusive jewellery collection.
12noon The Clothes Line
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 Switched on
Shop! recommends the best audio equipment.
2.30 6 of the Best
This week's top six, focusing on garden essentials.
3.00 Global Cuisine
Our international cookery feature goes stateside for great American food ideas.
4.00 Home Style
More ideas to brighten up your home.
5.00 Shop! Selection
6.00 The Gold Collection
Show you care with a gift from Shop!'s exclusive jewellery collection.
7.00-8.00pm
The Clothes Line

8.00 PM

8.00 Scare Me
We all have fears, yet we are drawn to them in films and extreme sports. Is fear vital to our survival, and is too little fear unhealthy?

8.00 Captain Planet
8.30-9.00pm
The Real Adventures of Jonny Quest

8.00 Desmond's
Barber-shop sitcom.
8.30 Mad about You
Sofa's Choice
Jamie and Paul make their first major purchase.

9.00 PM

9.00 High Anxiety
The technology and social impact of lifts, from an elevator phobia clinic in Manhattan to Japanese plans for a 35mph model.

9.00 Seinfeld
The Dog
Jerry gets roped into dog-sitting a friend's pooch.
9.30 Spin City
The Apartment

10.00 PM

10.00
Discover Magazine
Fear
Can prolonged exposure to fear permanently alter the human brain?

10.00
FILM: Meatballs
Bill Murray, Greg Swanson
Comedy about a summer camp in which a counsellor with a wacky sense of humour works hard to make sure that everyone has a good time. *1979*
11.45 Lancelot Link
More adventures with the chimp detective.

11.00 PM

11.00 The Sexual Imperative
The Importance of Sex
An examination of sexuality, comparing human and animal sexual behaviour.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

12midnight Comedy Network
12.30am The People v Jerry Sadowitz
1.00 Morwenna Banks
1.30 Still in Bed with MeDinner 2.00 Mad for It
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

12.00

NIGHT TIME

12midnight The FBI Files
Polly Klaas – Kidnapped
A look at the investigations into the kidnapping of Polly Klaas during a party at her parents' home.
1.00am-2.00am
Weapons of War
Leibstandarte – Hitler's Bodyguard

THE HISTORY CHANNEL
WORLD PACK

12noon
Lost Castles of England
12.55pm
Photos for the Future
1.00 Biography
Leonardo da Vinci
Profile of the Renaissance artist and inventor.
2.00 Biography
Clint Eastwood
3.00 World War I
Verdun the Inferno
3.30 Men in Crisis
Rommel v Montgomery
4.00
The Gunboats of Vietnam
5.00
The Special Warfare Craft
6.00 The Aircraft Carriers
7.00 Biography
Admiral Lord Nelson
The life of Horatio Nelson, one of Britain's greatest national heroes.
8.00pm Biography
Boris Yeltsin
9.00-10.00pm
Hadrian's Wall

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Celebrate with Gold at 1.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

If you think it looks different, wait until you hear it.

The Bose® Acoustic Wave® music system. A sound difference.

Touch a single button on this acclaimed, all-in-one music system – a system no bigger than a briefcase. You'll hear "big, bold sound" that places it "at the forefront of compact music systems," according to the *Chicago Tribune*.

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The system is technologically advanced, yet remarkably easy to use. The CD player, AM/FM radio, and three speakers are all built in, so you'll have no wires or external speakers to hook up. Simply plug it in and press "Play." There's even a handy credit card-sized remote control.

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Quote: Rich Warren, *Chicago Tribune*, 9/96

Sunday 11 July

SKY PREMIER
PREMIUM CHANNEL

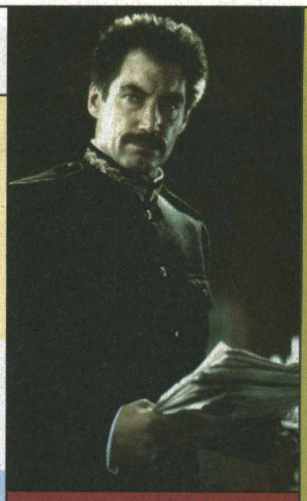
6.00am
The Films of Lawrence Kasdan
7.00 The Princess Bride
1987, rating Sky PG, 94 mins
9.00 Matilda
Text *1996, rating Sky PG, 94 mins*
11.00 Picture Perfect
Text *1995, rating Sky U, 87 mins*
12.30pm Hollywood Buzz
1.00 Memphis Belle
Matthew Modine, Eric Stoltz
1990, rating Sky PG, 103 mins
2.45 The Princess Bride
Peter Falk, Peter Cook, Billy Crystal, Mel Smith
Fantasy adventure in which a beautiful woman must be rescued by her one true love from a series of horrible encounters with monsters and villains.
1987, rating Sky PG, 94 mins
4.30
Barry Norman's Film Night
Barry Norman with more of his unique brand of movie news.
5.00 Matilda
Danny DeVito, Rhea Perlman, Embeth Davidtz, Pam Ferris
Fantasy about a young girl with magical powers who is carted off to a prison-like boarding school by her self-obsessed parents. There she befriends a shy teacher and sets out to get even with the grown-ups who have mistreated her. Text
1996, rating Sky PG, 94 mins
7.00 The Beautician and the Beast
Fran Drescher, Timothy Dalton, Lisa Jakub, Ian McNeice
PREMIERE Comedy about an ambitious beautician who, on her travels in Eastern Europe, is mistaken for an academic and hired as a tutor for the children of an Eastern European dictator. Text
1997, rating Sky PG, 103 mins
9.00 The Millennium Movies Show
Barry Norman and Richard Attenborough present a round-up of the best films in cinema history, voted by Sky viewers.
10.00 Con Air
Nicolas Cage, John Cusack, John Malkovich, Steve Buscemi
When a prisoner released on parole hitches a prison transport flight home, he inadvertedly shares the flight with America's deadliest criminals intent on one final escape from custody. Text
1997, rating Sky 18, 111 mins
11.55 Snow White: A Tale of Terror
Sigourney Weaver, Sam Neill
Dark adaption of the fairy tale.
Text *1997, rating Sky 15, 96 mins*
1.40am Inventing the Abbotts
Joaquin Phoenix, Liv Tyler
1997, rating Sky 15, 103 mins
3.30-5.35am Some Mother's Son
Helen Mirren, Fionnula Flanagan,
1996, rating Sky 15, 107 mins

SKY MOVIEMAX
PREMIUM CHANNEL

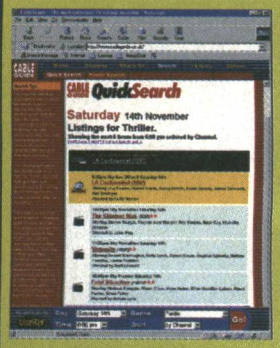
6.00am Charley and the Angel
Fred MacMurray, Harry Morgan
1974, rating Sky U, 91 mins
8.00 Hi Honey, I'm Dead
Curtis Armstrong, Catherine Hicks
1991, rating Sky PG, 88 mins
10.00 The Swarm
Michael Caine, Katharine Ross
1978, rating Sky PG, 111 mins
12noon Laura Lansing Slept Here
Katharine Hepburn, Karen Austin
1988, rating Sky PG, 96 mins
2.00pm Hi Honey, I'm Dead
Curtis Armstrong, Catherine Hicks
Comedy about an arrogant real estate developer who dies and is reincarnated in the body of a dishevelled man.
1991, rating Sky PG, 88 mins
4.00
Charley and the Angel
Fred MacMurray, Harry Morgan, Kurt Russell, Cloris Leachman
Family drama in which a man who, upon learning that he is soon to die, sets about atoning for the wrongs he has done his family.
1974, rating Sky U, 91 mins
6.00 The Swarm
Michael Caine, Katharine Ross, Richard Widmark, Richard Chamberlain, Olivia De Havilland, Henry Fonda
Horror movie in which Houston is devastated by an invading force of Brazilian killer bees. Michael Caine leads a formidable team of scientists, doctors and military personnel against the menace.
1978, rating Sky PG, 111 mins
8.00 An American Werewolf in Paris
Tom Everett Scott, Julie Delpy, Vince Vieluf, Phil Buckman
Horror sequel about the daughter of the original beast. A new drug available to the underground group of werewolves that inhabit Paris means that they no longer have to wait for a full moon to let their hair down. Text
1997, rating Sky 15, 94 mins
10.00 Psycho III
Anthony Perkins, Diana Scarwid
Norman Bates is back after spending 22 years in prison, he returns to run the motel. One day, a disturbed young woman arrives from a convent.
1986, rating Sky 18, DS, 89 mins
11.35 The People Under the Stairs
Brandon Adams, Everet McGill
Horror movie.
1991, rating Sky 18, 98 mins
1.20am Head of the Family
Blake Bailey, Dianne Colazzo, 1996, rating Sky 18, 78 mins
2.45 Bound
Jennifer Tilly, Gina Gershon
Text *1996, rating Sky 18, 104 mins*
4.35-6.15am
Laura Lansing Slept Here
1988, rating Sky PG, 96 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am The Dark Mirror
Olivia de Havilland, Lew Ayres
Thriller about two very different twins. *1946, rating Sky PG, 82 mins*
12.30pm The Left Hand of God
Humphrey Bogart, Gene Tierney, Lee J Cobb, Agnes Moorehead
Drama about an American pilot who poses as a priest in China in the years after World War II.
1955, rating Sky U, 84 mins
2.00 Merrill's Marauders
Ty Hardin, Jeff Chandler
World War II drama about a group of American soldiers in Burma who find themselves heavily outnumbered by the advancing Japanese.
1962, rating Sky PG, 94 mins
4.00 Darby's Rangers
James Garner, Edd Byrnes, Etchika Choureau, Jack Warden, Venetia Stevenson, Stuart Whitman, Torin Thatcher, Murray Hamilton, Corey Allen
World War II adventure in which a team of American commandos head into battle in North Africa and Italy after their training in Britain is complete.
1957, rating Sky PG, 116 mins
6.00 The Yellow Canary
Anna Neagle, Richard Greene, Margaret Rutherford, Albert Lieven
In 1940 a woman is forced to leave England, ostracised as a Nazi sympathiser by everyone including her family. On the ship to Canada, she is courted by a Polish aristocrat and an awkward British naval intelligence officer.
1944, rating Sky U, 94 mins
8.00 Crimes and Misdemeanors
Martin Landau, Woody Allen, Mia Farrow, Anjelica Huston
Comedy drama. An opthalmologist is forced to extremes when his mistress threatens all, while a film-maker is in turmoil when asked to do a piece on his successful but pompous brother-in-law.
1989, rating Sky 12, 100 mins
10.00 Carnal Knowledge
Jack Nicholson, Candice Bergen, Art Garfunkel, Ann-Margret
Comedy drama about two students with radically different attitudes to sex and women, one of whom eventually realises the error of his ways.
1971, rating Sky 18, 94 mins
11.40 Darby's Rangers
James Garner, Edd Byrnes
World War II adventure about a team of US commandos.
1957, rating Sky PG, 116 mins
1.40am 92 in the Shade
Peter Fonda, Warren Oates
1979, rating Sky 15, 87 mins
3.15 A Millionaire for Christy
1951, rating Sky PG, 91 mins
4.50-6.00am Sherlock Holmes and the Voice of Terror
1942, rating Sky U, 62 mins



Timothy Dalton stars in the premiere of 'The Beautician and the Beast'. Sky Premier 7.00pm



WANT TO KNOW WHICH CAMERON DIAZ MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Treasure Island
Charlton Heston, Christian Bale, Christopher Lee, Oliver Reed, Richard Johnson, Julian Glover
Adaptation of Robert Louis Stevenson's classic story of a perilous treasure hunting expedition, a secret map, a young boy and a ruthless pirate. The arch-villain Long John Silver is played by Charlton Heston, whose son Fraser made his directorial debut with this film, which he also wrote and produced. *1990, 131 mins*
11.45 Demon Seed
Julie Christie, Fritz Weaver
Sci-fi thriller. A young woman is terrorised by a computer.
Widescreen *1977, 91 mins*
1.30am Ring of Fire
David Janssen, Joyce Taylor
Adventure. *1961, 86 mins*
3.15-5.00am Savage Messiah
Scott Antony, Dorothy Tutin
Biopic about sculptor Henri Gaudier-Brzeska. *1972, 95 mins*

FILMFOUR
ADD-ON CHANNEL

6.00pm Jules and Jim
Jeanne Moreau, Oskar Werner, Henri Serre, Vanna Urbino
In Paris, 1900, two friends fall in love with the same woman. But she only loves one and marries him. After WWI they meet again, but she starts to love the other. François Truffaut directs this charming film, based on the novel by Henri-Pierre Roché *1961, 102 mins*
8.00 Beautiful Thing
Glen Berry, Linda Henry, Scott Neal, Meera Syal
Hettie MacDonald's feature debut follows the adventures of two teenage boys, living on a council estate in London, as they slowly fall in love with one another, and how they and their families come to terms with their sexuality.
Text *1995, 87 mins*
9.40am It's Not Unusual
10.00pm Four Weddings and a Funeral
Hugh Grant, Andie McDowell, Kristin Scott Thomas, James Fleet and Simon Callow
One of the most successful British films of all time, Mike Newell's feel-good movie is about a couple who seem made for each other but only seem to meet at weddings and funerals.
Text *1994, 92 mins*
12midnight Colour of a Brisk and Leaping Day
Premiere Drama. *1996, 85 mins*
1.30 The Hours and the Times
Beatles drama. Text *1991, 55 mins*
2.30 Pride
2.40 Backbeat
Beatles drama. Text *1993, 100 mins*
4.20-6.00am Head
Monkees film. Text *1968, 86 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Stars Wesley Snipes.
1998, rating Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 11.00am, 1.30pm, 4.00pm, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, rating Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is, while avoiding the mysterious forces that seem intent on destroying him. Stars Rufus Sewell and William Hurt.
1998, rating Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Garfield and Friends 7.30 Superhuman Samurai Syber Squad 8.00 Grimmy 8.30 Tattooed Teenage Alien Fighters from Beverly Hills 9.00 The Simpsons Text 9.30 Pokémon 10.00 The Adventures of Sinbad 11.00 World Wrestling Federation – Superstars 12noon Kung Fu 1.00pm Pacific Blue 2.00 Beverly Hills, 90210

3.00 Earth 2
Pilot
NEW SERIES Devon Adair organises an expedition to a distant planet she believes could offer a new beginning.

4.00 Star Trek: Deep Space Nine
The Sons of Mogh
Cast out of Klingon society due to Worf's dishonour, his brother asks Worf to kill him. Text

5.00 Star Trek: Voyager
False Profits
The *Voyager* crew encounter the two Ferengi that were lost in the Delta Quadrant when the Barzan Wormhole became unstable.

6.00 The Simpsons
Trash of the Titans Text

6.30 The Simpsons
The Secret War of Lisa Simpson
Lisa gets the silent treatment at a male military academy. Text

7.00 The PJs
Rich Man, Porn Man

7.30 King of the Hill
De-Khanstructing Henry
Hank inadvertently causes Kahn to lose his job.

8.00 Crusade
The Long Road
Gary Cole, Tracy Scoggins and Peter Woodward star in this *Babylon 5* spin-off.

9.00 The X-Files
Three of a Kind
The Lone Gunmen discover that Susanne Modeski, the woman who brought their group together, is still alive.

10.00 Basic Instincts
Battle of the Sexes
A wry look at the differences between men and women.

10.30 The Serial Killers
Gwen Graham and Cathy Wood

11.00 Highlander: The Series
Blind Faith
An Immortal uses his ability to return from the dead as part of a religious con-trick. Text

12midnight LAPD
This hard-edged reality series covers the day-to-day activities of the Los Angeles Police Department.

12.30am LAPD

1.00 Strange Luck
Over Exposure
Chance has problems when he helps a woman in distress. Text

2.00-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels 7.25 Angels 7.55 Angels 8.20 Blake's Seven 9.20 Dr Who and the Pirate Planet 11.15 Dallas Omnibus

1.00pm FILM: The 39 Steps
Robert Donat, Madeleine Carroll
Classic Hitchcock. A wrongly accused man finds himself on the Scottish moors – handcuffed to a beautiful blonde. *1935*

3.00 The Bill Omnibus
Meadows is forced to grant bail to a vicious loan-shark for the fourth time, while Quinnan suspects that a derelict shop is being used as an auction house for stolen property. Also, an illegal immigrant has inside information about a drug dealer, but she refuses to talk to anyone other than Steele. An addict is the centre of a drugs scam, but is he the villain or the victim?

5.25 Ask the Family
The family general knowledge quiz show presented by Alan Titchmarsh.

6.00 HeartBeat
Secrets
Kate, practising as a partner with the elderly local GP, is confronted by a young village girl who is pregnant.

7.05 The Good Life
Sweet and Sour Charity
Tom and Barbara discover oil in Surbiton.

7.45 Keeping Up Appearances
Hyacinth quite enjoys a family christening – except when it is Daisy's family!

8.25 Porridge
Poetic Justice
Fletcher is incensed when a third cellmate arrives.

9.05 The Thin Blue Line
Road Rage
Plans are afoot for a controversial new bypass.

9.45 The Thin Blue Line
The Green-Eyed Monster
Will Fowler finally propose to Patricia? Will she accept him if he does?

10.25 Hamish Macbeth
Deferred Sentence
Hamish, holidaying alone, is drawn into a 20-year-old local mystery.

11.30 NYPD Blue
NYPD Lou
A young boy disappears.

12.30am Ruby Wax Meets... Goldie Hawn

1.10 Whatever Happened to the Likely Lads?
Stranger on a Train

1.45 Some Mothers Do 'Ave 'Em

3.00-7.00am Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Ready, Steady, Cook 9.30 TV Dinners 10.00 The Roseanne Show 10.30 Brookside Omnibus 12.30pm

FILM: Picnic at Hanging Rock
Rachel Roberts, Dominic Guard
Drama about the disappearance of a group of schoolgirls. *1975*

2.40 FILM: Love in Another Town
Victoria Principal, Adrian Pasdar Mary Kay Place, Terence Knox
Moving drama in which a glamorous interior designer relocates to a small town to recuperate from a traumatic divorce. Convinced that she will never love again, she soon finds comfort in the arms of a rugged, handsome carpenter. *1997*

4.35 The Wedding Show
Featuring couples preparing for their big day, including footage of the ceremony and reception.

5.05 Trauma Center
Series following the variety of real-life cases found on the emergency ward.

6.00 Special Babies
Documentary series on babies born with special needs, their parents, and the medical staff who care for them.

7.00 Life, Camera, Action
Peculiar instances of real-life drama caught inadvertedly on camera from around the world.

8.00 Change of Heart
Chris Jagger hosts a dating show with a difference.

8.30 The Dating Game
Show in which guests choose either looks or personality.

9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Sex Bites
Raunchy late-night fun with Katrina Buchanan.

11.00-12midnight Passion
A double bill of the erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Dempsey & Makepeace 7.00 Plus on Plus 7.30 Beadle's About 8.00 Doctor at Sea 8.30 Supersonic 9.00 Dempsey & Makepeace 10.00 On Style 11.00 The Saint 12noon The Love Boat 1.00pm Poirot 2.00 Return to Eden
Stephanie is the victim of a prank.

3.00 Classic Coronation Street – The Omnibus
Fred finally rescues Bet and Betty from the car which was stuck in the lake and returns to confront Brian over who will pay for the damage. Suzie Birchall makes an effort to get a job and Ken gets an idea on what to write in his newspaper article. Bet contemplates using a video dating agency and Roy takes on some responsibility in the yard and the council backs the disco.

5.30 Time After Time
Driving Ambition
Kenny announces that he is off to the job centre to find work.

6.00 The Benny Hill Show
A series of sketches, immersed in seventies-style humour, featuring a host of quirky characters, guest stars and a bevy of beauties.

7.00 Poirot
The King of Club
A starlet is the sole witness to the killing of an impresario and her fiancée asks Poirot to remove her from suspicion.

8.00 Return to Eden
Stephanie is the victim of a hideous prank, while Dennis Harper uses his mother's illness to assume control of the mining business.

9.00 The Knock
The pornography ring discovered by Bill Adam and his team is proving difficult to establish.

10.00-11.00pm The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Weekly biking magazine show.

11.30 Pro-Superbike
Presented by race expert Chris Carter, featuring the talents of Europe's top superbike riders.

12midnight Through the Gears
The weekly motoring and bike sport magazine show.

12.30am 4 Wheels
The motoring magazine that reflects the world of classic and sports cars.

1.00 Biker's Night Off
Quiz show for bikers.

1.30-2.00am Motor Week
Including car launches.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J 6.30 Winnie 7.00 101 Dalmatians 7.20 The Little Mermaid 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids 9.00 Double Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs

1.30 FILM: The Phoenix and the Carpet *1997*

3.00 The Little Mermaid
Undersea adventures with mermaid Ariel. Text

3.30 Goof Troop
Goofy is the man of the house keeping his son in line. Text

4.00 FILM: Kid in King Arthur's Court
Thomas Ian Nicholas, Joss Ackland, Kate Winslet
Family entertainment. After an earthquake, a Californian teenager called Calvin falls through a crack and finds himself falling back in time. Text *1995*

5.30 Teen Angel
Teenage life-after-death high jinks.

6.00 Smart Guy
TJ's a smart kid but teenagers are a puzzle to him. Text

6.30 Boy Meets World
He Said, She Said
Shawn runs away. Text

7.00 FILM: First Kid
Sinbad, Brock Pierce, Zachery Ty Bryan
Comedy about a Secret Service agent protecting the President's son. The First Kid's no angel either, and soon Sam and the First Kid are having lots of adventures. *1996*

8.30 Honey, I Shrunk the Kids: TV Show
Honey, You Drained My Brain
Wayne tries to enhance Diane's courtroom prowess. Text

9.15 Double Dinosaurs
From Jim Henson, a view of human problems, using state-of-the-art puppetry. Text

10.00 Home Improvement

10.30 The Wonder Years

11.00 Touched by an Angel

11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

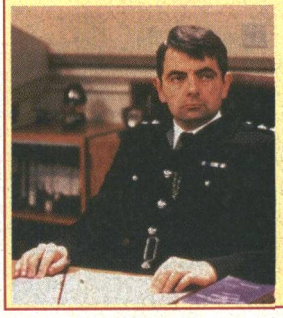
SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Merrill's Marauders
Sky Cinema 2.00pm
Tough-guy director Sam Fuller helms this gruelling WWII adventure, which falls in with the heroic – and on-his-way-to-a-heart-attack – Brigadier General Merrill (Jeff Chandler, excellent in his final role) and his men as they struggle through 500 miles of Burmese jungle.

GENERAL
Frankly Frankie
UK Arena 8.00pm
Part of UK Arena's British Comics Weekend, this searching interview with the late Frankie Howerd, conducted in 1990, reveals a warm-natured man who became one of the nation's most loved performers. Followed by one of his last recorded performances.

ADVERTISEMENT
UK GOLD

THE THIN BLUE LINE
9.05PM
Two back-to-back episodes of Ben Elton's popular sitcom set in Gasforth Police Station. Join Inspector Fowler, P.C. Goody, W.P.C. Habib and friends for some arresting comedy.

Sunday 11 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Superbike
8.30 Football
Coverage from the Women's World Cup.
10.00 Tennis – LIVE
Action from ATP Tournament in Gstaad, Switzerland.
12.30pm Rowing – LIVE
Coverage from the World Cup in Lucerne, Switzerland.
2.00 Cycling – LIVE
Action from the Tour de France. Today's stage is the eighth, a 56km individual time trial from Metz.

3.00 PM

4.00 PM

4.30 Cycling
Coverage of the eighth stage of the Tour de France from Metz.
5.15 Motocross
Action from the World Championship in Jinin, Czech Republic.

5.00 PM

6.00 PM

6.00 Car Racing
Coverage from Open Fortuna in Valencia, Spain. Action from the fifth round.

7.00 PM

7.00 Champ Cars – LIVE
Action from the FedEx Championship Series in Elkhart Lake, USA.

8.00 PM

9.00 PM

9.00 Cycling
Coverage of the Tour de France. Today's stage is the eighth, a 56km individual time trial from Metz.

10.00 PM

10.00 Sportscentre
10.15 Supersport – LIVE
Action from the World Championship in Laguna Seca, California.

11.00 PM

11.00 Superbike
Motorbike action from the World Championships.
11.30-12.30am Superbike – LIVE
Coverage from the World Championship in Laguna Seca, California, USA.

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Golf: European Golf Skills Challenge
8.00 Aerobics Oz Style
8.30 Extreme Sailing
9.00 Saturday Fight Night
11.00 Cricket: Super Cup Semi Final – LIVE
Second semi-final in the Benson and Hedges Cup.
2.30pm Second Innings: Mark Butcher – England v South Africa

3.00 Cricket: Super Cup Semi-Final – LIVE
Further coverage from the second semi-final in the all-new Super Cup.

6.30 Extreme Sailing
The most daring seafarers in action risking their lives.

7.00 Motor Racing: Legends Cars
Action from Brands Hatch.
7.30 Superbikes: USA – LIVE
Action from the latest leg in the exhilarating World Superbikes Championship. After legs in Britain, Spain, Italy, Germany and San Marino, the championship leaves Europe for this crucial race. The testing three-and-a-half mile Laguna Seca Raceway makes a welcome return to world championship motorcycle racing and the defending champion, Britain's Carl Fogarty, is desperate to strengthen his grip on yet another world title.

12.30am-2.30am Golf: European Golf Skills Challenge
Eight of Europe's top players compete in the $300,000 Golf Skills Challenge at Wentworth's historic 18th hole.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World
7.00 Aerobics Oz Style
7.30 Moto-Plus
8.00 Max Power
9.00 Soccer Extra: March Review
12noon Athletics: Road Race of the Month
12.30pm Copa America Football: Quarter-Finals
2.30 Golf: European Golf Skills Challenge
Eight of Europe's top players compete in the $300,000 Golf Skills Challenge at Wentworth's historic 18th hole. Costantino Rocca won this event last year.

4.30 Irish Motor Sport
Motoring action featuring top events.

5.00 Athletics: Road Race of the Month
Featuring the races on the road around the world.
5.30 Watersports World
A comprehensive guide to the best watersports.

6.30 Copa America Football: Quarter-Finals – LIVE
Exclusive coverage of the two quarter-finals in the Copa America, the bi-annual tournament which features such giants of the international stage as Brazil, Argentina, Uruguay and Mexico.

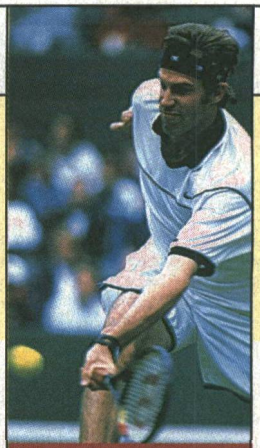
12.30am Athletics: Road Race of the Month
Featuring the races on the road around the world.
1.00-2.00am Max Power
Action from both two and four wheel motorsport.

SKY SPORTS 3
PREMIUM CHANNEL

9.00am Major League Baseball: Atlanta Braves v Boston Red Sox
12noon Motor Racing: Legends Cars
12.30pm Ford Golf USA: US Senior Open and Greater Milwaukee Open
The Seniors are in action at the US Open and the regular tour continues at the Greater Milwaukee Open.
2.30 Wheelbase: Wheelbase Club
All you need to know about grassroots British motorsport.
3.30 Motor Racing: Legends Cars
Action from Brands Hatch.
4.00 Australian Rules Football
Hard-hitting action from the world of Australian Rules Football, a unique sport that always produces plenty of excitement.

6.00 Golf: European Golf Skills Challenge
Eight of Europe's top players compete in the $300,000 Golf Skills Challenge at Wentworth's historic 18th hole. Costantino Rocca won the hugely popular event last year. *Repeat from Sky Sports 2*

8.00-12midnight Ford Golf USA: US Senior Open – LIVE
The US Senior Open draws to a close on day four with action from Des Moines Golf & Country Club. Last year the competition was won by three times US Open champion Hale Irwin. It was his first US Senior Open title and fourth USGA national championship.



Greg Rusedski competes for a share of the $560,000 prize money at the ATP, Gstaad. Eurosport 10.00am – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Red Legends
United stars of the past.
7.00 Super Match – Vintage Reds

8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match

9.30 Red Hot Update
9.35 Super Match Continued

10.30 Red Hot News
All the latest news.
10.45 Super Match Shorts
11.00 Fan File

11.30-12midnight Best of Wild About United
A gallery of United devotees give viewers an insight into the reasons why they adore United.

SCI-FI
ACTION PACK

7.30am Buck Rogers in the 25th Century
8.30 Time Trax
9.30 Cybernet
10.00 The Six Million Dollar Man
11.00 Project UFO
12noon FILM: Sinbad and the Eye of the Tiger
Adventure. *1977*
2.00pm Mystery Science Theatre 3000
Puma Man
Donald Pleasance tracks down an incognito ancient Aztec god, Puma Man, to modern-day London.

4.00 Buck Rogers in the 25th Century
The Dorian Secrets
Buck rescues a stowaway facing a death sentence from a powerful warlord.
5.00 Time Trax
The Gravity of it All
Darien pursues a Middle East arms dealer who kidnaps a scientist.

6.00 Project UFO
The Wild Blue Yonder Incident
Student pilot Galloway sights a UFO while flying a T-34 and dives to earth.
7.00 Max Headroom
Academy
Someone, somewhere is hijacking the network's frequencies, even disrupting Max himself.
8.00 PSI Factor – Chronicles of the Paranormal
Return
Hendricks attempts an exorcism on Katherine.
9.00 Space Precinct
The Snake
A reptile-like creature hatches an extortion plot that lands Lt Brogan and Officer Haldane in trouble.
10.00 The Net
Death of an Angel
After faking her own death, Angela moves to a town embroiled in a debate over censorship of the internet.
11.00 Welcome to Paradox
The Girl who Was Plugged In
An outcast is offered the body of a beautiful shell.
12midnight The Crow: Stairway to Heaven
Solitude's Revenge
1.00am The Six Million Dollar Man
Pilot Error
2.00 VR.5
5D
3.00-4.00am Dark Shadows

LIVE
ATP, GSTAAD
EUROSPORT 10.00AM

Although Greg Rusedski enjoyed a better than expected French Open, he still succumbed to Marcelo Filippini, a qualifier, so his appearance here at the ATP, Gstaad offers another chance for him to prove he hasn't got feet of clay. Last year Spaniard Alex Corretja captured the title by beating Boris Becker in straight sets. Corretja's compatriots Albert Costa and Felix Mantilla, as well as the Chilean Marcelo Rios, will all be after a share of the $560,000 in prize money.

ITV2
ACCESS PACK

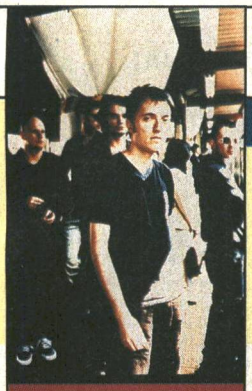
9.25am This Morning – This Week
Magazine programme.
11.00 Emmerdale Omnibus
This week's episodes.
12.20pm The Wombles
Animated adventures.
12.30 Sherlock Holmes in the 22nd Century
Animated sci-fi adventure.
12.55 Brilliant Creatures
Amazing animals like a snake with two heads. Presented by Terry Nutkins.
1.15 CD UK
Pop music.
1.35 Pump it Up
Contenders tackle an inflatable assault course.
2.00 Wildthing
2.25 Coronation Street
Omnibus edition.
4.15 Elephant Night
Featuring Rory Bremner's recent trip to Mozambique, Goldie Hawn travels to India and two editions of *Survival Special.*
9.00 The Ultimate Catch Up: Give Your Mate a Break
10.00 Imogen's Face
Andrea Newman drama about a married woman who has an affair.
12midnight-1.35am This Morning – This Week
Highlights from this week's editions of the morning magazine, presented by Richard Madeley and Judy Finnigan. Featuring celebrity guests, fashion and music.

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview
12.10am Viewers' Wives
12.20 FILM: Haiku
1.00 The Five Minute Free View
1.05 FILM continues
1.50 FILM: Dream Catcher
3.00-4.00am FILM: Naked Goddess
Two boys meet a goddess.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Sunday 11 July



Don't miss Grant Gee's rockumentary 'Radiohead – Meeting People is Easy'. VH1 10.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Proposals 10.00 Bangers & Smash 10.30 Mis-Match of the Day 11.00 Boys' Toys 11.30 Lie Detector 12noon Fashion Show 12.30pm No Tomorrow 1.00 Agony Omnibus 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
4.30 Judge Judy
More domestic disputes are adjudicated over in the courtroom by the tough-talking Judge Judy Sheindlin.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00 The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00 Bangers and Smash
Stock car racing action.
8.30 Mis-Match of the Day
Celebrity football challenge.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
Apocalyptic last wishes.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30 Strip Masterbrain
11.45 Painted Ladies
12midnight Compromising Situations 12.30am Private Dancer 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Strike it Lucky
Madcap gameshow.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow.
6.30 The Games Room
6.40 Candid Camera
Practical jokes played on the general public.
7.15 The Games Room
7.25 Roll with It!
Musical gameshow.
7.55 The Crystal Maze
Another team of intrepid adventurers face an eclectic collection of games and challenges, both mental and physical.
9.00 Stars in Their Eyes
Amateur singers are transformed into stars.
9.45 The Games Room
10.00 Endurance UK
British version of the Japanese gameshow.
10.30 The Cooler
Late night general knowledge quiz.
11.00 Celebrity TV Bloopers
Another trawl through the archives, unearthing celebrities' blunders for your enjoyment.
12midnight Carnal Knowledge1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Second Guess 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network Daily 9.30 Coxon's Kitchen College 10.00 A Taste of England 10.30 Food for Thought 11.00 Tastes of Britain 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Aldo and Friends 1.00 Turner's Tour of Hong Kong 1.30 A to Z of Food and Beauty 2.00 Taste of the Times 2.30 Food Network Daily 3.00 Superchefs 3.30 An Umbrian Kitchen 4.00 Rustie's Real Cooks 4.30-5.00pm Simply Baking
Andrew Nutter demonstrates how to bake old favourites including cakes and breads.

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
African Food
A look at African cuisine.
5.30 Get Smart
The Mild Ones
6.00 I Spy
Rome... Take Away Three
A blackmail plot interweaves with a sex scandal in Italy. Stars Robert Culp and Bill Cosby.
7.00 The Upper Hand
Pillow Talk
7.30 Goodnight Sweetheart
Who's Taking You Home Tonight?
8.00 A Woman of Substance
Drama charting the rise of a woman from a kitchen maid to a rich and powerful woman.
9.00 Melissa
The conclusion of Alan Bleasdale's murder mystery brings together the disparate strands of the story.
10.00 Ruth Rendell Mystery: No More Dying Then
The police are suspicious when a five-year-old boy goes missing.
11.00 Hill Street Blues
Zen and the Art of Law Enforcement
Furillo has to release a murderous gunman.
12midnight I Spy
Rome... Take Away Three
A blackmail plot interweaves with a sex scandal in Italy.
1.00am-2.00am Soldier, Soldier
Drama series about the King's Fusiliers infantry regiment.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30 Judge Wapner's Animal Court 1.00 Hollywood Safari
Dreams
2.00 Lassie
Monkeying Around
2.30 Lassie
Trains and Planes and Boats
Natalie is trapped in a rowing boat heading for the rapids.
3.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets.
3.30 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets.
4.00 Breed All About It
Chihuahua
4.30 Breed All About It
Boston Terrier
5.00 All Bird TV
Conneticut Nests
The relationship between humans and birds.
5.30 All Bird TV
Follow the Food
6.00 Judge Wapner's Animal Court
A highly trained duck killed by the defendant's dog.
6.30 Judge Wapner's Animal Court
7.00 Wild at Heart
Isabelle Gilloux and the Orang-Utans
7.30 Wild at Heart
Jacques Fretey and the Leatherback Turtles
8.00 Animal Einsteins
An examination of the evidence of animals' ability to use reason and memory in order to learn.
9.00 The Ultra Geese
The true story of how biologist Bill Lishman trained geese to follow his ultralight for the feature film *Fly Away Home*.
10.00 Hutan – Wildlife of the Malaysian Rainforest 10.30 Hutan – Wildlife of the Malaysian Rainforest
11.00 Emergency Vets
A schnauzer is diagnosed with an inoperable tumour.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The I-Bomb 8.00 The Birth of Horror 9.05 Crusades 10.00 Crusades 11.00 Einstein's Brain 12noon Your Life in Their Hands
Angel
1.00pm The Man Who Lost His Body 2.00 Orinocho Hog 2.30 Gremlins of the Night
3.00 The Private Life of Plants
The Social Struggle
How plants use every trick in the book in a bid to come out on top.
4.00 The Natural World
Mara Nights
A look at the strange nocturnal creatures of the African plains.
5.00 Animal Hospital
The work of RSPCA vets.
5.30 Zoo's Company
Face to Face
The breeding of frogs on the brink of extinction.
6.00 Tomorrow's World Plus
Reports about the future of science and technology, plus interviews with trendsetting scientists.
7.00 Dream House
Adam Woodyatt tests out the latest vacuum cleaners.
7.30 Meet the Ancestors
The Lady of the Sands
8.00 Secrets of Lost Empires
The Colosseum
A investigation into how the roof of the Colosseum was constructed.
9.00 Full Circle with Michael Palin
Borneo and Java
Michael Palin visits the largest monument in the southern hemisphere.
10.00 Back to the Floor
A Copper's Lot
10.30 Back to the Floor
Man on the Move
11.05 Hollywood Kids
Child Stars
12.05am-1.00am Paying for It

UK PLAY:
1.00am Lucas and Walliams in Rock Profile 1.30 Mark and Lard's Pop Upstairs Downstairs 2.00 Flatmates 2.30 Chris Moyles 3.00 Jamie Theakston's Pick 'n' Mix 3.30 Funny Noise 3.45 The Phone Zone 5.30 The Sound of Play 6.00-7.00am Funny Noise

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden Livetime 7.00 The View 7.50 Consuming Passions 8.00 The Pet Show 8.30 Indoor Garden 9.00 Montel Williams 10.00 Intimate Portrait: Jane Alexander 10.50 Consuming Passions 11.00 Julia Carling's Style Guide 11.30 Gardeners' Diary 12noon Rosemary Conley's Low Fat Cook Book 12.30pm Gorgeous Gardens 1.00 Homes with Style 1.30 Behind the Velvet Ropes 2.00 The View
3.00 The Pet Show
The ultimate guide to man's best friend.
3.30 Cook's Garden
Tips on growing potatoes for the pot.
4.00 The Montel Williams Show
Ways To Get Your Lover Back
Novel ways of wooing your lover.
5.00-6.00pm Intimate Portrait: Jane Alexander
A profile of the politically active actress.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Nature's Fury
A look at the one tremendous force beyond mankind's control – nature. With personal accounts and unbelievable footage.
8.00 Lions of the African Night
Follow a pride of 30 lions through an intriguing cycle of night and day on the African bush.
9.00 Combat Cameramen
The men who risked their lives to film World War II.
9.30 A Passion for Africa
10.00 Eternal Enemies: Lions and Hyena
The fierce competition that is the ancient war between African lions and hyenas.
11.00 Invaders in Paradise
How indigenous New Zealand wildlife has been destroyed by settlers and species from abroad.
12midnight City of Darkness
The fate of Hong Kong's walled city of Kowloon.
12.30am-1.00am Deep Flight
How Graham Hawkes rose to the challenge of inventing a deep-sea submersible.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 FILM: The Affair 11.30 Adult Stars Close-Up 12midnight Freeview 12.10 Filthy First Timers
Novice erotica.
12.35 Fraulein Debutantes 12.50 Andy Cam 1.15 FILM: Babenet 2.35 Electric Blue 3.35-4.00am Caught At Home – Vicki

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 10.00 Hit List UK 12noon A-Z of Pop Weekend 1.00pm Total Request 2.00 A-Z of Pop Weekend 3.00 Bytesize MTV
All the best bits of MTV in easy to swallow pieces.
3.30 UK Singled Out 4.00 Select MTV
Live from Sound Republic, Donna Air hosts MTV's video jukebox.
6.00 News Weekend Edition 6.30 Movie Special
7.00 A-Z of Pop Weekend 10.00 Say What?? 10.30 MTV Live
A collection of the finest live moments from Studio A at the MTV studios in Camden.
11.00 brand:new
A comprehensive guide to new artists and progressive music, courtesy of Zane Lowe.
12midnight The Late Lick
The latest R&B tunes.
1.00am Say What?? 1.30 MTV Live 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Pop-Up Video 10.00 Something for the Weekend 12noon Gail Porter's Big 90s 1.00pm Greatest Hits of... 1.30 Ed Sullivan 2.00 The Clare Grogan Show 3.00 Talk Music 3.30 VH1 to One 4.00 Big 90s Hits Weekend 8.00 The VH1 Album Chart Show 9.00 The Kate and Jono Show 10.00 NEW Radiohead Meeting People is Easy 11.30 Around and Around 12midnight Soul Vibration 2.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Rough Guide to the World's Islands 8.30 How Does Your Garden Grow? 9.30 Geoff Hamilton – A Man and His Garden 10.00 Peter Seabrook's Gardening Week 10.30 Travels à la Carte 11.00 Antonio Carluccio's Italian Feast 11.30 Wine World 12noon A Taste of Africa 12.30pm Delia Smith's Summer Collection 1.00 Coast to Coast 1.30 Rough Guide to the World's Islands 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm The Arena 100 3.25 The First, the Last, My Everything 4.00 FILM: Joan of Arc *1948* 5.45 Reviews You Can Use 6.15 Classic Albums 7.05 Pop Go the Sixties 8.00 Frankly Frankie 9.00 Frankie's on... Board 9.30 Frankie's on... the Coals 10.05 Playhouse: In Your Dreams 11.40 kd lang: Live in Sidney 12.40am Frankie's on... Board 1.10 Frankie's on... the Coals 1.40-3.00am Playhouse: In Your Dreams

Sunday 11 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Global Gardens 6.30 Drive 7.00 A Weekend's Work 7.30 A Weekend's Work 8.00 This Old House 8.30 This Old House 9.00 Total Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt 10.30 Hometime 11.00 Hometime 11.25 Home and Leisure House 11.30 New Yankee Workshop 12noon It's Your Bid 12.30pm Drive 1.00 This Old House 1.30 This Old House 2.00 A River Somewhere 2.30 The Diceman USA 3.00-4.00pm Scrapheap

DISCOVERY
WORLD PACK

4.00pm
Wings of Tomorrow
Air Dominance
A look at the fastest and most advanced fighter aircraft of the future.

5.00
Extreme Machines
Rockets
The history of rockets, starting from the earliest Russian prototypes.

6.00 Jurassica
Prehistoric Sharks
A look at the Megalodon, a huge killer shark that died out 11 million years ago.

7.00
The Crocodile Hunter
Wildest Home Videos
Out-takes and a behind-the-scenes look at what makes a croc hunter.

8.00 Chariots of the Gods – The Mysteries Continue
Author Erich Von Daniken takes a journey through famous ancient mysteries.

9.00
Heart of the Titanic
NEW Start of a new series examining the course of the tragic cruise liner which sank in 1912.

10.00
Titanic – Answers from the Abyss
NEW Follows the first full-scale investigation into the *Titanic* disaster.

11.00
Titanic – Answers from the Abyss
Documentary which attempts to reconstruct the sinking of the *SS Titanic*.

12midnight
Discover Magazine
Poison
1.00am-2.00am
Justice Files
All in the Family
A look at the horrors that some women and children face in their own homes.

CARTOON NETWORK
FAMILY PACK

5.00am The Fruitties 5.30 The Magic Roundabout 6.00 The Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 The Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Toons on Wheels

6.00pm Freakazoid!
Action with the weird but wonderful superhero.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Batman
Animated action with the caped crusader.
7.30 Superman
The man of steel returns to save Metropolis.
8.00 Captain Planet
Animated action.
8.30-9.00pm
The Real Adventures of Jonny Quest

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Extreme Ghostusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenan & Kel 9.30 Sabrina, The Teenage Witch 10.00 Rugrats 10.30 Rugrats 11.00 Doug 11.30 Doug 12noon The Wild Thornberrys 12.30pm The Wild Thornberrys 1.00 The Ren & Stimpy Show 1.30 The Ren & Stimpy Show 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00 Kenan & Kel
Two funky friends and their wild adventures.
3.30 Kenan & Kel
Two funky friends and their wild adventures.
4.00 Sister Sister
Tia and Tamera and their parents try to live together.
4.30 Sister Sister
Tia and Tamera and their parents try to live together.
5.00 Sabrina The Teenage Witch
Teen comedy series.
5.30 Sabrina The Teenage Witch
6.00 Moesha
6.30-7.00pm
Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Mothers and Other Strangers
7.30 Jenny
8.00 Desmond's
Comedy series.
8.30 Mad About You
Sunday Times
Paul and Jamie enjoy a lazy day.
9.00 Frasier
Bad Dog at Café Nervosa
Chaos breaks out in the coffee shop.
9.30 Frasier
Frasier's Gotta Have It
10.00 Seinfeld
The Parking Garage
Jerry and his friends get lost in a car park.
10.30 Seinfeld
The Café
11.00
The Jack Dee Show
Stand-up comedy.
11.30 Vic Reeves Big Night Out
Also with Bob Mortimer.
12midnight
Comedy Network
12.30am The People Vs Jerry Sadowitz
1.00am Morwenna Banks Show 1.30 Still in Bed with MeDinner 2.00 Mad for It 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Masked Rider 6.30 Beetleborgs Metallix 6.55 Power Rangers Turbo 7.20 Power Rangers Turbo 7.45 Silver Surfer 8.10 Mortal Kombat 8.35 Mowgli 9.00 Goosebumps 9.25 Eerie Indiana 10.00 Sam and Max 10.25 Mad Jack the Pirate 10.50 The Secret Files of the Spy Dogs 11.00 Life with Louie 11.25 Dennis and Gnasher 11.50 Goosebumps or Eerie Indiana: The Other Dimension 1.55pm The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Animated action with the do-gooders.
3.30
Fox Kids X-Press
3.35 Spiderman
4.00 Eerie Indiana: The Other Dimension
Out-of-this-world series set in a spooky town.
4.30 Goosebumps
Scary stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up to take on the enemy.
5.30 Ace Ventura
Animated adventures.
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Shop! Feature
Natural health and beauty made easy.
8.30 Home Office
9.30 Travel Bag
More holiday essentials for all the family.
10.00 Home Style
Curtains and accessories.
11.00 Do it Yourself
DIY handy hints and equipment.
12noon Jewellery Box
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 On Screen
Games special.
2.30 In the Garden
3.00 Sporting Brands
Summer styles and swimwear.
4.00 Branded!
Big-name men's fashion.
5.00 Shop! Selection
The best of the rest.
6.00 Home Style
Smarten up your windows with a range of curtains and accessories.
7.00-8.00pm
Sporting Brands
Summer styles and swimwear from some of the biggest brands in the business.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 10.30 Science Review 11.10 Dateline 12noon News 12.30pm Face in the Crowd 1.00 News 2.30 Seven Days 3.00 News 3.30 Science Review 4.00 News 4.30 Newsround 24 5.00 News 7.30 Correspondent 8.00 News 8.30 Seven Days 9.00 News 9.30 Reporters 10.00 News 10.30 Dateline 11.00 News 11.30 USA Direct 12midnight News 12.30am Simpson's World 1.00 News 2.30 USA Direct 3.30 Face in the Crowd 4.00 News 4.30 Dateline 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Pinnacle 6.30 Business 7.30 Artclub 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Earth Matters 12.30pm License 1.00 Report 2.30 Inside Europe 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business Unusual 7.30 Europe 8.30 Pinnacle 9.30 Insight 10.30 Sport 11.30 Style 12midnight World Today 12.45am Asia Business 1.30 Science & Technology 2.00 NewsStand 3.00 World Today 3.30 Artclub 4.30-5.00am Pinnacle Europe

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 1.30pm Sharp End 3.30 Book Show 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 Book Show 9.30 Showbiz Weekly 11.30 Week in Review 12.30am CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fox Files 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

3SAT 5.50am 7 Tage Anders 6.00 Zeitungsmacher 7.00 Alpenpanorama 8.00 Zeit 8.05 Lyrik 8.15 Zum 8.45 Bestenliste 9.45 Graf 12noon Zeit im Bild 12.05pm Wochenschau 12.30 Rückblende 12.45 Zum 1.50 Offen 2.10 Die Trotzkis 3.00 HiTec 3.30 Höllenfahrten 4.15 Tierporträt 4.30 Teletips 5.00 Tagebuch 5.15 Rundschau 6.00 Heute 6.08 Wetter 6.10 Ruge 7.00 Tagesschau 7.15 Leib 8.00 Schätze 8.15 Gefährliche 10.10 Der Kommissar 11.10-12midnight Dennis Hopper

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Bus et Compagnie 7.00 Journal de Radio Canada 7.30 Zone X 8.00 Infos 8.05 Bus et Compagnie 9.00 Journal 9.15 Le Paradis des Autres 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Francofolies 11.30 Journal France 12noon Infos 12.05pm Autour du Tour F3 1.00 Journal 1.15 Jeux sans Frontière 3.00 Journal 3.15 Questions 3.30 Kiosque 4.00 Infos 4.05 Kiosque 4.30 Questions pour un Champion 5.00 Journal 5.15 L'Histoire en Chantant 7.00 Journal Belge 7.30 Journal France et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour de F2 8.15 Résume de L'Étape du Jour 9.00 Journal Télévisé TV5 9.15 Les Rives du Paradis 11.00 Journal Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Bhakti 9.00 Viswaas 10.00 Holy Quran 10.30 Jai Veer Hanuman 11.00 Dhur Ki Bani 11.30 Variety 12.30pm This Week 1.00 Business 1.30 FILM 4.00 BPL Oye 5.00 Eurospice 5.30 Aainey 6.30 Asianet Aur Aap 7.00 Daal Mein Kala 7.30 Bhai Hamne 8.00 Main Anari Tu Anari 8.30 FILM 11.30 News 12midnight Main Anari 12.30am Asianet Aur Aap 1.00 FILM 4.00 Indipop 4.30 Aainey 5.30 Bhai Hamne 6.00 Chand Ghazalien 6.30-7.30am DD News

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 7.00 Faith: Sikh 7.30 News 8.00 Namaste India 8.30 Best of India 9.00 Aap Ki Adalat 9.30 Out and About 10.00 Mahabharat 11.00 Tandoori Masala 11.30 Health Show 12noon FILM 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Droop Kinarey 5.30 Super 7 Muqabla 6.30 Adhikar 7.00 Antakshari 8.00 News 8.30 Neeyat 9.00 FILM 12midnight News 12.30am Karobari Duniya 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM 5.00 Song Yatra 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Chronicles of Revival 5.30 Abundant Life Today 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 Taking Authority 8.00 Winning Ways 8.30 Ray Bevan 9.00 Life is for Living 9.30 Charles Stanley 10.30-11.00am This is Your Day

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 2.19am Technology Report 4.24 Sports 5.45am Roundtable

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America 3.00pm Scotland 3.30-12midnight House of Lords

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon
The Aircraft Carriers
1.00pm Biography
Admiral Lord Nelson
2.00 Biography
Boris Yeltsin
A look at the political career of ailing Russian premiere Boris Yeltsin.
3.00 Hadrian's Wall
A visit to this historical wall.
4.00 Golf: Links in Time
6.00 Maya
The Blood of Kings
7.00 Alcatraz
A visit to the most notorious maximum security prison, built to house the most deadly of criminals.
8.00 Biography
Conrad Hilton
Telling the rags to riches story of America's pre-eminent hotel baron.
9.00-10.00pm
China's Wall of Doom
Travel to the Far East to visit this historical piece of culture.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight are DIY with Harry Greene at 10.00am and Gemfest at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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Monday 12 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
Let Me Call You Sweetheart
1997, rating Sky PG, 88 mins
8.00
Give My Regards to Broad Street
1984, rating Sky PG, DS, 104 mins
10.00 Home Alone 3
Text *1997, rating Sky PG, 98 mins*
12noon Going Under
1990, rating Sky PG, 77 mins
2.00pm
The Adventures of Ragtime
Shelley Long, Jay Thomas, Perry King, Michelle Joyner
A miniature pony named Ragtime, with a gift for performing tricks, is kidnapped by a couple of bumbling crooks who hope to make their fortune. *1998, rating Sky U, 95 mins*

4.00 The Munsters' Scary Little Christmas
Sam McMurray, Ann Magnuson
A fun family movie in which young Eddie Munster loses his Christmas spirit, sparking the bizarre Munster family to set about renewing it.
1996, rating Sky PG, 86 mins
5.45 Home Alone 3
Alex D Linz, Olek Krupa, Rya Kihlstedt, Lenny Von Dohlen
Suffering from chicken-pox, young Alex is left alone to deal with foreign spies searching for a stolen military computer chip which has been secreted in a remote-control car. The usual array of ploys and booby traps are in abundance. Text *1997, rating Sky PG, DS, 98 mins*
7.30
Barry Norman's Film Night
Movie news and reviews.
8.00 Conspiracy Theory
Mel Gibson, Julia Roberts, Patrick Stewart
A New York cab driver's apparently ridiculous conspiracy theories land him in serious trouble when he appears to have exposed something very big and very secret. He soon finds himself enmeshed in a dark plot that winds and twists towards a spectacular conclusion. Text *1997, rating Sky 15, 130 mins*
10.15 LA Confidential
Guy Pearce, Russell Crowe, Danny DeVito, Kevin Spacey, James Cromwell, Kim Basinger
A by-the-book detective finds himself teamed with the thug-like Detective Bud White to solve a murder. Both are drawn to a woman who may be able to help solve the case. Text *1997, rating Sky 18, 132 mins*
12.35am Outrage
Rob Lowe, Jennifer Grey
Text *1997, rating Sky 15, 84 mins*
2.05 The English Patient
Ralph Fiennes, Juliette Binoche, Willem Dafoe, Kristin Scott Thomas
Romantic drama. Text *1996, rating Sky 15, 155 mins*
4.45-6.00am Going Under
1990, rating Sky PG, 77 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Roseanne: An Unauthorized Biography
Denny Dillon, David Graf
Text *1994, rating Sky PG, 86 mins*
9.00 Loyal Opposition: Terror in the White House
The US president is held hostage.
1997, rating Sky PG, 92 mins
11.00 Possums
1997, rating Sky U, 93 mins
1.00pm My Ghost Dog
1997, rating Sky U, 87 mins

3.00 Roseanne: An Unauthorized Biography
Denny Dillon, David Graf
A fact-based drama which follows the life of one of American TV's top stars, television comedienne Roseanne Barr, from her troubled teenage years to her tempestuous and ultimately doomed second marriage to Tom Arnold. Text *1994, rating Sky PG, 86 mins*
5.00 Loyal Opposition: Terror in the White House
Joan Van Ark, Nick Mancuso, Corbin Bernsen, Rick Springfield, Lloyd Bochner
In this tense thriller the president of America is held hostage in the White House. The country's first female vice president faces her greatest challenge as it is up to her to rescue him.
1997, rating Sky PG, 92 mins
7.00 Possums
Mac Davis, Greg Coolidge Cynthia Sikes, Andrew Prine
A small-town sports announcer is horrified when he learns that the high school football team might be disbanded. As a Possums supporter, he takes to the air giving bogus match reports which suggest the Possums are on a winning streak.
1997, rating Sky U, 93 mins
9.00 Alien Abduction: The McPherson Tape
Benz Antoine, Kristan Ayre, Gillian Barber
Based on some supposedly genuine video footage known as the 'McPherson Tape', this film dramatises the account of a family that is abducted by grey-skinned, bug-eyed creatures from outer space. *1997, rating Sky 15, 91 mins*
11.00 Shadow Warriors: Assault on Devil's Island
Hulk Hogan, Carl Weathers, Shannon Tweed, Martin Kove
PREMIERE Hulk Hogan attemps to rescue a group of American gymnasts. *1997, 96 mins*
12.40am The Long Kill
Willie Nelson, Kris Kristofferson
1997, rating Sky 12, 90 mins
2.15 Criminal Affairs
1997, rating Sky 18, DS, 88 mins
3.50 The Undead Express
1996, rating Sky 15, 94 mins
5.30-7.00am My Ghost Dog
1997, rating Sky U, 87 mins

Tommy Chong and Cheech Marin star in 'Cheech & Chong's Nice Dreams'. FilmFour 3.45am

SKY CINEMA
PREMIUM CHANNEL

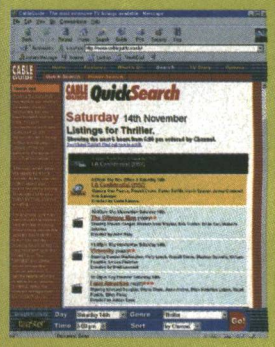
4.00pm The Blue Dahlia
Alan Ladd, Veronica Lake, William Bendix, Hugh Beaumont
Thriller about a soldier who returns from the forces to find that his wife has been cheating on him while he was away on duty. He threatens to kill her but thinks better of it – but then she winds up dead and he is the prime suspect.
1946, rating Sky PG, 95 mins
6.00 Soldier of Fortune
Clark Gable, Susan Hayward, Gene Barry, Alexander D'Arcy, Edward Dmytryk, Tom Tully, Russell Collins
A woman wants to find her photographer husband who is being held captive in Hong Kong. She is so desperate that she is even willing to recruit an amiable rogue and mercenary to help her rescue him. *1955, 92 mins*
8.00 Tony Rome
Frank Sinatra, Jill St John, Richard Conte, Sue Lyon, Lloyd Bochner, Jeffrey Lynn
Detective mystery about a private eye, Tony Rome, who is hired by a millionaire to find his daughter. When he finds her drunk and unconscious in a motel, he has to find the reasons behind her behaviour.
1967, rating Sky 15, 106 mins
10.00 The Sea Wolves
Gregory Peck, Roger Moore, David Niven, Trevor Howard
A retired unit of polo-playing British soldiers are recruited back into action when the Germans cruise into Goa harbour. The mission for the seemingly drunken old wrinklies is a radio transmitter which is broadcasting the whereabouts of Allied ships.
1980, rating Sky PG, 115 mins
12midnight The Blue Dahlia
Alan Ladd, Veronica Lake
1946, rating Sky PG, 95 mins
1.40am Alex and the Gypsy
Jack Lemmon, James Woods
1976, rating Sky 15, 95 mins
3.20 Pony Soldier
1952, rating Sky PG, 79 mins
4.45-6.00am
The Films of John G Avildsen

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm
The Roaring Twenties
James Cagney, Humphrey Bogart, Jeffrey Lynn
Three ex-army buddies become involved in bootlegging to earn a living in the lean years after World War I. Cagney plays an honest cabbie pushed towards crime by force of circumstance only to become the powerful head of a gangland empire.
1939, 103 mins
11.15
Take the High Ground
Richard Widmark, Karl Malden
A sergeant sets about moulding a bunch of recruits into a fighting machine to give them a chance of surviving a war. *1953, 101 mins*
1.15am A Very Private Affair
Brigitte Bardot, Marcello Mastroianni
Drama based on Brigitte Bardot's own experience of the pressures of stardom. *1962, 90 mins*
3.00-5.00am
The Roaring Twenties
Thriller. *1939, 103 mins*



WANT TO KNOW WHICH ROBERT DUVALL FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Late for Dinner
Brian Wimmer, Peter Berg, Bo Brundin, Casy Friel
Time travel comedy about two friends who go on the run in 1962 and meet a scientist experimenting with cryonics who freezes them. They wake up in the not-so-brave new world of 1992 where they try and pick up the shattered pieces of their lives. *1991, 89 mins*
8.00 Time Bandits
Craig Warnock, John Cleese, Ralph Richardson, Sean Connery
Surreal comedy in which a young boy is snatched from his dull suburban existence for a series of bizarre adventures in time and space by a renegade group of dwarfs who have stolen a magical time portal from the big guy upstairs.
Text *1981, 112 mins*
10.00 Blue Juice
Sean Pertwee, Catherine Zeta Jones, Ewan McGregor
Fast-moving comedy drama set among the young guns of the Cornish surfing community who are preparing for a wedding. Text *1994, 95 mins*
● Feature: Page 12
11.45 The Cutter
A teenager wants be like his father – but dad's a hitman.
12midnight The Doors
Music biopic. Text *1991, 135 mins*
2.20am Sign of the Times
Documentary following Prince's 1987 tour. Text *1987, 81 mins*
3.45 Cheech and Chong's Nice Dreams
Comedy. *1981, 84 mins*
5.15-6.00am Super Grass
A drop-out grows his own marijuana.

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder, a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Starring Wesley Snipes and Tommy Lee Jones.
1998, rating Sky 15, 125 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, rating Sky PG, 133 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is, while avoiding the mysterious forces that seem intent on destroying him. Stars Rufus Sewell and William Hurt.
1998, rating Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Monday 12 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Must Expose My Ex!

3.00 Jenny Jones
Leave Me Alone, Mom, Because I'm the Bomb
Despairing mothers ask Jenny for help with their teenage daughters' sexy style of dressing.
4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
The Bar Association
Rom organises all of Quark's employees into a union and goes on strike against the bar. Text
6.00 Dream Team
Football soap.
6.30 Friends
The One Where Ross and Rachel take a Break Text
Ross has a thing for Chloe.
7.00 The Simpsons
Homer the Smithers
Homer is Burns's assistant. Text
7.30 The Simpsons
The Simpsons Spin-Off
Troy McClure presents. Text
8.00 Star Trek: Voyager
The Bride of Chaotica
Paris and Kim begin a new holodeck program entitled 'Bride of Chaotica' but the program begins to run by itself. Text
9.00 Brimstone
Executioner
Stone has to investigate a series of disturbing murders in which the victims have been killed by electrocution.
10.00 Prickly Heat
England's new contestant arrives but as soon as she has her new swimsuit fitted, she manages to get it filthy in a new game called 'Load Your Lard'.
11.00 Friends
The One Where Ross and Rachel Take a Break Text
11.30 Star Trek: Deep Space Nine
The Bar Association
Paris and Kim begin a new holodeck program. Text
12.30am The Chris Evans Breakfast Show
An hour of madness and mayhem.
1.30 Law and Order
Pursuit of Happiness
Is a mail order bride responsible for the death of her husband?
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas
The Fat Lady Singeth
2.55 The Bill
Real Villains
A vigilante is on the loose.

3.25 The Bill
Questionable Judgement
A down-and-out is murdered.
3.55 EastEnders
Easter looms, and Dot has news she wants to share. Pete has a solution to Arthur's problem.
4.30 Neighbours
Julie thinks she can take advantage of Gaby's *faux pas.*
5.00 Dynasty
Divorce
Alexis vows to disown Amanda after finding her in bed with Dex. Garrett suspects that Jackie Deveraux might be his daughter.
6.00 Dangerfield
Still Waters
The body of a young woman is found in a local reservoir and evidence leads police to suspect a lovers' suicide pact.
7.00 Last of the Summer Wine
The Great Boarding-House Bathroom Caper
7.40 Dad's Army
The Bullet is Not for Firing
Captain Mainwaring calls a court of inquiry.
8.20 The Brittas Empire
Set in Concrete
Brittas decides that the centre is a sick building.
9.00 Casualty
Degrees of Separation
When a relationship reaches a tragic conclusion in the hospital emergency department, Tina gets caught in the crossfire.
10.05 Just Good Friends
Penny is slightly apprehensive about her decision to set up home with Vince again.
10.45 Ruby Wax Meets... Burt Reynolds
Ruby travels to Jupiter, Florida, where she visits Burt Reynolds.
11.20 The Bill
Real Villains
11.50 The Bill
Questionable Judgement
12.20am Knowing Me, Knowing You ... With Alan Partridge
Steve Coogan's spoof talk show.
12.55 Colin's Sandwich
1.25-2.30am Backup
An Asian community battles to get prostitutes off their streets.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Upbeat magazine with Lorraine Kelly, featuring human interest stories, celebrities and fashion.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
More drama with the kids down under in Summer Bay.
5.00 Change of Heart
Dating game in which partners meet the date of their dreams.
5.30 The Dating Game
Dating show in which guests choose looks or personality.
6.00 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discuss relationships.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40 The Jerry Springer Show
American talk show in which Jerry and his guests engage in heated discussions.
8.30 Charmed
NEW SERIES Drama series about three sisters who move into a San Francisco house that was left to them by their grandmother – only to find they have inherited her powers of witchcraft as well.

10.30 Sextasy!
Raunchy late-night fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Home to Roost 1.30 Only When I Laugh 2.00 The High Chaparral

3.00 Cagney and Lacey
Internal Affairs
A damaging leak is traced to Lt Bert Samuel's precinct squad and the girls find themselves working undercover.
4.00 Minder
Aces High and Sometimes Very Low
A gambler seeks the help of Arthur and Terry when he is robbed of his winnings.
5.00 Charlie's Angels
Winning is for Losers
When a young golfer is shaken by sniper bullets, a retreat to safety puts Kris in the rough – with alligators as opponents!
6.00 Emmerdale
Christopher gets startling news and Rachel also has a surprise.
6.30 Classic Coronation Street
Hilda hears of Archie's death.
7.00 Home to Roost
Father and son soon have differing views of student life.
7.30 Only When I Laugh
The Re-Union
Norman and Archie go home.
8.00 Minder
Aces High and Sometimes Very Low
A gambler seeks the help of Arthur and Terry when he is robbed of £11,000.
9.00 Cagney and Lacey
Internal Affairs
American police drama.
10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Motor Show
Eamonn O'Neal and Nicky Fox have £2,000 in used notes. Who will come up with the best buy?
11.30 Car File
Jaguar S-Type
12midnight 2 Wheels
Biking magazine programme.
12.30am Motor Week
A weekly look at car launches and test drives.
1.00 Through the Gears
The weekly international motoring and bike sport magazine show.
1.30-2.00am Wheels
Motoring magazine show.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon
1.30 FILM: Toy Story
Voices of Tom Hanks, Tim Allen
Computer-animated fantasy about toys who come alive. *1995*

3.00 The Little Mermaid
Charming undersea adventures of the mermaid Ariel. Text
3.30 Art Attack
Innovative art show, hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers.
4.30 Hercules: The TV Show
Hercules and the River Styx Text
Herc has a tough assignment.
5.00 Recess Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Special FX-tion
Jett and Kayla match-make. Text
6.00 Smart Guy
Goodbye, Mr Chimps Text
6.30 Boy Meets World
Donna Karan
Shawn falls in love with a mystery woman. Text
7.00 FILM: The Brave Little Toaster to the Rescue
Fantasy animated adventure with brave little appliances who make friends with animals at a veterinary clinic. *1997* Text
8.15 Honey, I Shrunk the Kids: TV Show
Honey, the Bear is Bad News
Fun with the Szalinski household, where dad is an inventor. Text
9.00 So Weird
NEW SERIES Fi Phillips has an obsession for all things weird.
9.30 Bone Chillers
A fright fest with a broad streak of humour. Text
10.00 Home Improvement
10.30 The Wonder Years
11.00 Touched by an Angel
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM
MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

CABLE CHOICE

FILM

The English Patient
Sky Premier 2.05am
An intriguing, flashback-friendly narrative unfolds the story of a mysterious burns patient, played by Ralph Fiennes, in this epic, Oscar-laden adaptation of the Michael Ondaatje novel. Lyrically directed (by Anthony Minghella), sensuously photographed and beautifully acted.

GENERAL

The Ruth Rendell Mysteries: A Sleeping Life
Carlton Select 9.00pm
George Baker brings Ruth Rendell's Inspector Wexford to life in a subtle but compelling way. In this three-parter he is baffled by the case of a murdered woman whose life seems to have been a mystery. As always, the answer is unexpected ...

ADVERTISEMENT

NEW SERIES

CHARMED
8.30PM
A supernatural thriller set in San Francisco, where three sisters discover they each possess other worldly powers when they are reunited. Shannen Doherty, Holly Marie Coombs and Alyssa Milano are the trio of 'charmed ones' who can tap into the ultimate power.

Monday 12 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Golf
8.30 Cycling
9.30 Champ Cars
11.00 Football
12noon Equestrianism
1.00pm Triathlon
Action from the European Championship in Madeira.
2.00 Cycling
Coverage of the world's most popular cycling competition, the Tour de France.

3.00 PM
3.00 Superbike
Coverage from the World Championship in Laguna Seca, California.

4.00 PM
4.00 Football
Another chance to catch the World Cup Legends programme.

5.00 PM
5.00 Football
World Cup special presenting behind-the-scene stories about the competition, supporters and atmosphere.

6.00 PM
6.00 YOZ Mag
Youth Only Zone magazine show.

7.00 PM
7.00 Speedway
Action from the 1999 FIM World Speedway Championship Grand Prix in Wroclaw, Poland.

8.00 PM
8.00 Cycling
More highlighted coverage of the world's most popular cycling competition, the Tour de France.

9.00 PM
9.00 Boxing
Action from a top international contest.

10.00 PM
10.00 Football
World Cup special presenting behind-the-scene stories about the competition, supporters and atmosphere.

11.00 PM

12.00
NIGHT TIME
12midnight-12.30am Supersport
Coverage of the World Championship in Laguna Seca, California.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Max Power
8.00 Gillette World Sport Special
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Motor Racing: Legends Cars
10.00 Superbikes: USA
12noon Aerobics Oz Style
12.30pm Athletics: Road Race of the Month
1.00 Ford Golf USA: US Senior Open
The US Senior Open draws to a close on day four with action from Des Moines Golf & Country Club. Last year the competition was won by three-times US Open winner Hale Irwin. It was his first US Senior Open title, and fourth USGA national championship.

5.00 World Tenpin Masters
Action from the World Tenpin Masters at the Milton Keynes Shopping Centre.

6.00 Sky Sports Centre
6.30 Copa America Quarter-Finals
Football action with highlights of the third and fourth quarter-final matches in the Copa America – South America's prestigious biannual football carnival. Brazil won the event two years ago, beating Bolivia in the final.
Repeat from Sky Sports 2
8.30 Big Time Boxing – LIVE
A night of live top quality boxing entertainment with a clash between two of the finest fighters around.

10.30 Sky Sports Centre
10.45 Tenpin Bowling: World Tenpin Masters
Action from the World Tenpin Masters at the Milton Keynes Shopping Centre.
11.45 Sky Sports Centre
12midnight V-Max
High-adrenaline action.
12.30am Big Time Boxing
2.30 International Bowls: Second Test – Australia v New Zealand
4.30-4.45am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Racing News
8.00 Ford Golf USA: US Senior Open
12noon Extreme Sailing
12.30pm Gillette World Sport Special
1.00 Copa America Football: Quarter-Finals
Highlights of the third and fourth quarter-final matches in the Copa America.

3.00 Totalsport
The programme that showcases all sides of the sporting world.
3.30 Australian Rules Football
Hard-hitting action from the world of Australian Rules Football, a unique sport that always produces plenty of excitement.

5.30 Asian Sports Show
The show that brings you colour, passion and variety from Asia and the East.

6.00 V-Max
Insight into the world of speed on land and water.
6.30 The Winning Post: Windsor/ Wolverhampton – LIVE
Join Jeff Stelling for the latest live horse racing action from this evening's meetings at Windsor and Wolverhampton.

8.30 World Motor Sport
For any follower of motor sport, Sky Sports screens the ultimate programme. World Motor Sport takes viewers to the heart of the race world and provides an essential guide to who is racing where, when and how. From a comprehensive round-up of the biggest and most exciting meetings, to a preview of the major events in store, this programme has the lot.
11.30 Totalsport
The programme for enthusiasts which lifts the lid on the biggest issues facing world sport.
12midnight Xtreme: Rebel Sports 12.30am Xtreme: Wild Spirits
1.00 Asian Sports Show
1.30 World Tenpin Masters
2.30 Powerboating: UIM Class 1 – GP
3.00-3.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

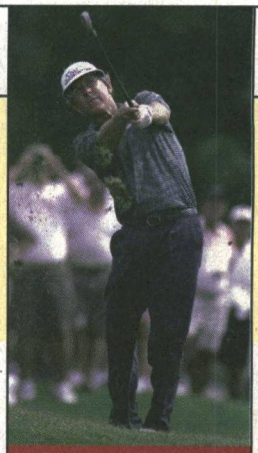
12noon World Motor Sport
World Motor Sport takes viewers to the heart of the race world and provides an essential guide to who is racing where, when and how. From a comprehensive round-up of the biggest and most exciting meetings, to a preview of the major events in store, this programme has the lot.

3.00pm Max Power
Touring cars, single seaters, road racing and off road events are packed together in this dose of truly international action.
4.00 Superbikes: USA
A chance to see highlights from both races in the latest leg of the World Superbikes Championship. The US leg takes place at California's testing Laguna Seca circuit. Carl Fogarty is favourite to get his Ducati through the chequered flag first.

6.00 Totalsport
Showcasing all sides of the sporting world.
6.30 Powerboating: UIM Class 1 – German GP
7.00 Xtreme: Rebel Sports
Not for the faint-hearted.
7.30 Xtreme: Wild Spirits
Wild and madcap series.
8.00 International Bowls: 2nd Test Australia v New Zealand
Action from the second Test match between two of the strongest teams in world bowls. Australia take on their deadly rivals, New Zealand.

10.00 Shell's Wonderful World of Golf
Take a stroll down memory lane and witness some memorable moments.
11.00-11.30pm A to Z of Motorsport
Witness some of the true legends of the racing track with the best of motor racing nostalgia.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210



Action from the US Senior Open where last year's winner Hale Irwin defends his title. Sky Sports 2 8.00am

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Junior Masterfan
7.00 United in Press
Journalists and fans debate the latest developments from Old Trafford, home of one of the world's biggest clubs.
8.00 Red Hot News
8.15 Super Match Shorts

8.30 Super Match – Premier Classic

9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued

10.30 Red Hot News
The show that rounds-up all the latest developments.
10.45 Super Match Shorts
11.00 Reserves Replayed
The best of the action from United's Red Reserves.
11.30-12midnight Red Legends

SCI-FI
ACTION PACK

7.30am Bloomberg TV
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock
12noon The Twilight Zone
1.00pm The Six Million Dollar Man
2.00 Amazing Stories
2.30 Mysteries, Magic and Miracles

3.00 Battlestar Galactica
Experiment in Terra
Apollo is being sent to rescue the mortals on the planet Terra.
4.00 The Incredible Hulk
Sideshow
David Banner is hired as stage manager for a travelling carnival act.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 Cybernet
A weekly look at what's new and what's hot in the world of computer games.
6.30 New Alfred Hitchcock
7.00 The Six Million Dollar Man
Thunderbird Connection
Steve Austin becomes a member of the Thunderbirds.
8.00 Time Trax
The Contender
Darien wants to send heavyweight fighter Mikk Davis from 1993 forward to 2193.
9.00 Twin Peaks
David Lynch's spooky whodunnit. Cooper and Truman exchange goodbyes and a wake is held for Leland Palmer.
10.00 FILM: Village of the Damned
Christopher Reeve, Kirstie Alley, Mark Hamill
An American village is visited by an unknown life form which leaves the women of the village pregnant. Nine months later the babies are born, their parents realise they are not quite human. *1995*
12midnight VR.5
Escape
1.00am FILM: Invader
Cotter Smith
Science-fiction. *1995*
2.40 Sci-Focus Special
A look behind the scenes of a science fiction blockbuster.
3.00-4.00am Dark Shadow

FORD GOLF USA: US SENIOR OPEN
SKY SPORTS 2 8.00AM

Final round action from the $1.5m US Senior Open from Des Moines Golf & Country Club in Iowa. The Senior Tour is becoming increasingly international these days, with former European Tour stars like José Maria Cañizares, Vicente Fernandez and Bernard Gallacher starting to shine. Victory for a non-American player could help spark the European version of the Tour. Last year Hale Irwin held off Ray Floyd and Jack Nicklaus to take his first Senior Open title.

ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares heartwarming and hair-raising true stories with a studio audience.
5.05 Club 2 1930: Give Your Mate a Break
6.00 The Worst Witch
Miss Cackle's Birthday Surprise
6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams and e-mail activity.

7.30 Sport Zone: Chequered Flag
Motoring magazine that reviews the latest races and rally action.
8.30 Beach Volleyball
9.00 My Wonderful Life
Moving On
Comedy series about the life and loves of a nurse. With Emma Wray, Tony Robinson and Hamish Clark.
9.30 Mr and Mrs with Julian Clary

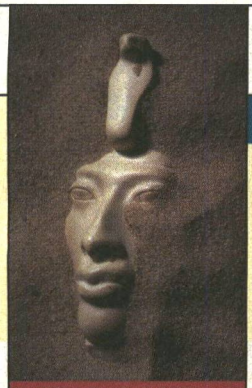
10.00 Barbara
10.30 Days like These
Sitcom centring on the lives of a group of teenagers and their parents living in the small town of Luton.
11.00 Coronation Street
The latest episodes from yesterday and today.
12midnight Late Zone: Bedrock
1.00am-2.00am Chequered Flag
Motoring magazine show.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Dirty Talk
12.20 Adult Feature
12.45 FILM: Russian Roulette
2.00 Adult Feature
2.25 FILM: Fantasy Chamber
3.40-4.00am Belinda
Adult entertainment.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Monday 12 July



The story behind the religion and ruins of Armana in 'Egypt's Lost City'. UK Horizons 9.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
Quickfire gameshow.
5.45
The Games Room
6.00 Family Fortunes
Two families play the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
7.15
The Games Room
7.25 Whittle
One hundred participants are whittled down to one.
7.55
The Crystal Maze
The programme with an eclectic collection of games and challenges, both mental and physical, with Richard O'Brien.
9.00
Stars in Their Eyes
The show that gives singers a chance of fame.
9.50
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air tests contestants on entertainment, sport, sex, food and stuff.
11.00
Celebrity TV Bloopers
More of those moments which the celebrities would sooner forget are paraded in front of the viewer.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible
3.30 Blockbusters
4.00 Fifteen to One
4.30 Give Us a Clue
5.00-6.00pm Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE
6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
No Tomorrow
Apocalyptic last wishes.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high-speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults-only entertainment.
11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 Perfect Pasta with Aldo Zilli 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Japaneasy 1.00 Coxon's Kitchen College 1.30 Tessa's Tastebuds 2.00 Ross on the Range 2.30 Food Network Daily 3.00 The Spice Trail 3.30 Vin Ordinaire 4.00 Three Chefs in the Cape 4.30-5.00pm Rustie's Real Cooks

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Lazy Cooks
With Sarah Greene.
5.30 Get Smart
Classification: Dead
6.00 I Spy
Tonia
Revolutionaries use Tonia to help turn Kelly and Alex against each other. With Bill Cosby.
7.00 Boon
Undercover
Drama series, starring Michael Elphick, about Ken Boon, an ex-fireman turned sleuth.
8.00
Birds of a Feather
Women's Troubles
8.30 A Kind of Living
Sitcom about a chauvinistic schoolteacher.
9.00 The Ruth Rendell Mysteries: A Sleeping Life
When a woman's body is found, Wexford's only lead is a new and empty wallet.
10.00 Big Sky
Lost and Found
Jimbo dreams of a woman in a hot air balloon and is shocked when he meets her in reality.
11.00
Hill Street Blues
The Young, the Beautiful and the Degraded
A $50,000 reward is offered to the public.
12midnight-1.00am I Spy
Tonia
Italian revolutionaries use Tonia to help turn Kelly and Alex against each other.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
Walking the Dog
Troy tries to break up an illegal marijuana crop farm.
2.00 The Holy Monkeys of Rajasthan
2.30 Wild at Heart
Mountain Gorillas
3.00 Nature Watch with Julian Pettifer
Jane Goodall's Chimp Crusade
3.30
The Big Animal Show
4.00
Orang-utan – Orphans of the Forest
A classic natural history film following orang-utans in the Sumatran rainforest.
5.00 Wildlife SOS
5.30 Wildlife SOS
A deserted two-week-old fox cub is brought to the centre and a deer with a broken leg is rescued.
6.00 Harry's Practice
A look at the work of vet Harry Cooper in his practice in Tasmania.
6.30 Harry's Practice
More with Harry Cooper.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
A look at the work of RSPCA vets.
8.00 Judge Wapner's Animal Court
8.30 Judge Wapner's Animal Court
Judge Wapner presides over two animal cases.
9.00 Emergency Vets Special
A one-hour special providing updates on what happened to some of the most memorable patients.
10.00
Emergency Vets
The vets treat a dog with a mysterious injury.
10.30
Emergency Vets
11.00
Untamed Africa
The Outsider
Follow a young lion.
11.30-12midnight
Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Computers Don't Bite 8.30 Killing for a Living 9.30 Esther 10.00 The Day the Universe Changed 11.00 Einstein: The Miracle Year 12noon Lion Country 12.30pm Animal Hospital on the Hoof 1.00 Kon-Tiki Man 1.30 Tomorrow's World 2.30 A Knife to the Heart

3.30
Island of Dreams
The fortunes of four British women who found romance on a Greek holiday, filmed over a 15-month period on the Ionian island of Zakynthos.
4.30 Esther
Hooked on Danger
With Esther Rantzen.
5.00 Lion Country
A behind-the-scenes look at the stately home of Longleat.
5.30 Devilfish
With David Attenborough.
6.00 The Immortal Emperor
A search of the truth behind the story of Qui Shi Huangdi, the first Emperor of China.
7.00
Darwin: The Legacy
An exploration of the changing impact of the ideas of Charles Darwin on political thinkers.
8.00 Animal Hospital on the Hoof
8.30 Vets in Practice
It's Christmas, but work does not stop for the young vets.
9.00
Egypt's Lost City
The story behind the astonishing cult introduced by pharaoh Akhenaten to the city of Amarna.
10.00 The Clampers
10.35
Sylvania Waters

11.05
Jeremy Clarkson's Motorworld
11.35
Plastic Fantastic
12.05am-1.00am
Helping the Police with Their Enquiries

UK PLAY:
1.00am The Smell of Reeves and Mortimer 1.35 Podge and Rodge 1.45 Lucas and Walliams in Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Pick 'n' Mix 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Psychic Livetime 7.00 Astrology Livetime 7.50 Consuming Passions 8.00 View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Body Check 10.00 Family Recipes 10.30 Surprise Gardeners 11.00 Pet Show 11.30 Gorgeous Gardens 12noon Montel 1.00pm Agony Livetime 2.00 The View

3.00 Agony Livetime
Problem page on TV with agony aunt Denise Robertson.

4.00 The Montel Williams Show
Daughters' Marriage Annulment
Award-winning US chat show with Montel Williams.
5.00 Susan Brookes' Family Recipes
5.30-6.00pm
Gorgeous Gardens
Gardening magazine.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Cheetah of Namibia
Join a cheetah specialist as he fights to prevent the extinction of the fastest creature on Earth.
8.00 Search for Battleship Bismarck
Follow the search for the *Bismarck*, designed specifically to sink the pride of Britain – the *Hood*.
9.00
Volcanic Eruption
On 18 July, 1995 the people of Montserrat awoke to find that their volcano had erupted.
10.00
Mysteries of Peru
An exploration into the sudden disappearance of the native tribes of Peru and their holiest site.
11.00 They Never Set Foot on the Moon
A unique look behind the scenes at the Russian space programme and the failed lunar N1 mission.
12midnight
The Mountain Warriors
Traditional life in the mountains and deserts of Yemen has not changed since Biblical times.
12.30am-1.00am
Diving with Seals
A look at the versatile seal.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 FILM: Damien's Seed
11.30-Sex Court
12midnight Dish of the Day
12.10am Dr Anna St John
12.35 Katie's Fantasies
1.00 FILM: The Secret of Her Success 2.15 New Public Places 2.40-4.00am FILM: Safari Jane

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
Including, at 1.00-1.15, the MTV Live Spot.
2.00pm US Top 20 Countdown
3.00 Bytesize MTV
Snippets of the best bits of MTV packed into an all-action hour.
4.00 Select MTV
6.00 Bytesize MTV
7.00 brand:new
Combines the new and cutting edge with essential music news.
8.00 Hit List UK
9.00 Daily Edition
With Emma Ledden.
9.30 Say What??
10.00 Celebrity Deathmatch
10.30 UK Singled Out
Contestants choose their favourite suitors by an excruciating but extremely watchable process of elimination.
11.00 Mad 4 Hits
12midnight Superock
1.00am Celebrity Deathmatch
1.30 Singled Out
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.00 Classic Years: 1975 5.00 VH1 Live 6.00 Greatest Hits of... 6.30 VH1 Hits 8.00 The VH1 Album Chart Show 9.00 Bob Mills' Big 80's 10.00 Greatest Hits of... Madonna 11.00 Ed Sullivan's Classics 11.30 Talk Music 12midnight VH1 Country 1.00am American Classic 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 How Does Your Garden Grow? 11.00 Moving People 11.30 The House Detectives 12midnight Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Travels à la Carte 2.00 Style Street 2.30 Gardeners' World
3.00 Geoff Hamilton: A Man and His Garden 3.30 Voyage 4.00 Voyage 4.30 A la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Delia Smith's Summer Collection 9.30 Good Living 10.00 Antiques Roadshow US 11.00 Gardeners' World 11.30 The Lost Gardens of Heligan 12midnight Ground Force 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Monday 12 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00 AM
6.00am Joy of Painting 6.30 Garden Club 7.00 Garden Doctors 7.30 The Painted House 8.00 Cookabout 8.30 Close Guide 8.55 Joy of Painting 9.30 Garden Party 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt 12noon Car Show 12.30pm Close Guide 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM
4.00pm Rex Hunt's Fishing Adventures
4.30 Walker's World
Zimbabwe and Botswana
Travel show hosted by Anna Walker.

5.00 PM
5.00 Flightline
The helicopter capable of lifting a cargo plane.
5.30
Ancient Warriors
The Celts

6.00 PM
6.00 Zoo Story
More intriguing stories from London Zoo.
6.30 Australia – The Big Picture
Spectacular photography showing the breadth and depth of Australia's landscape.
7.30 Great Escapes
The Killing Time
The tragedy of *Truculent*.

7.00 PM
8.00
Titanic's Lost Sister
Documentary which tries to solve the mystery surrounding the strange disaster of the *Britannic*.

8.00 PM
9.00 The Titanic
No other maritime disaster has caught the public imagination like the sinking of the *Titanic* in 1912.

9.00 PM
10.00 Titanic – Untold Stories
Journey with historian Charles Haas as he descends into the depths of the North Atlantic.

10.00 PM
11.00 Hoover Dam
The Hoover Dam has been compared to the pyramids of Egypt, due to its scale and location.

11.00 PM
12midnight CIA: America's Secret Warriors
Brotherhood
Founded in 1947, the CIA has fought covert wars the world over.
1.00am Flightline
1.30-2.00am
Ancient Warriors

12.00 NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Animated action.
3.30 Scooby-Doo
Classic doggy detective deeds and adventure.
4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Furry fun.
5.30
Cow and Chicken
Sibling madness with this unlikely duo.
6.00 Animaniacs
Cartoon capers.
6.30 The Flintstones
Prehistoric fun with Fred and Barney.
7.00
Tom and Jerry
Cat and mouse capers.
7.30
Looney Tunes
Cartoon mayhem.
8.00
Cartoon Cartoons
8.30-9.00pm
Space Ghost Coast to Coast

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC
Includes the *Teletubbies*.

3.30 Brothers Flub
Animated antics.

4.00 Angry Beavers
Animated antics with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative youngsters.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina The Teenage Witch
6.30-7.00pm
The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
The Concert
7.30
Caroline in the City
8.00 Desmond's
Classic comedy.
8.30 Mad About You
Out of the Past
Jamie and Paul meet up with Paul's ex-girlfriend.
9.00 Ellen
The Spa
A weekend at the health spa turns into a food hunt.
9.30 Spin City
The Pride and Prejudice
10.00 Frasier
First Date
Niles loses his nerve.
10.30 Cheers
Rebecca Gains, Rebecca Loses Part 2
11.00 Drop the Dead Donkey
Henry suffers a crisis.
11.30 Whose Line is It Anyway
With Clive Anderson.
12midnight Roseanne
12.30am Cosby
1.00pm
The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.30 Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles: The Next Mutation 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Louie 11.55 Home to Rent 12.20pm Secret Files of the Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
More human versus mutant conflict.
3.30
Fox Kids X-Press
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The newest mutation of the turtles are here.
4.30 Goosebumps
More spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals.
5.30 Ace Ventura
Ace is on the case.
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers on Shop.
7.00 Bargain Shop!
Today's great offers at bargain prices.
7.30 The Gold Collection
Show you care with a gift from Shop!'s jewellery range.
8.30 Dress for Less
More best-sellers from Shop!
9.30 Sports Shop!
The low-down on the latest quality sporting gear.
10.00 Kitchen Shop!
The latest kitchen bargains.
11.00 Kids Shop!
12noon Clothes Shop!
1.00pm Bargain Shop!
One-hour special of your favourite bargains from the past week.
2.00 Entertainment Shop!
More quality original ideas from Shop!
3.00 Jewellery Shop!
More best-sellers from Shop!
4.00 Shop! Feature
More bargains from Shop!
5.00
Shop! Selection
Round-up of the best-sellers on Shop! – from jewellery to hi-fis, they're all here!
6.00 Beauty Shop!
7.00-8.00pm
Jewellery Shop!

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 NewsStand 10.30 Sport 11.30 Biz Asia 12.30pm Pinnacle Europe 1.30 Report 2.30 Showbiz This Weekend 3.30 Sport 4.30 Artclub 5.00 NewsStand 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Asian Edition 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.00 News on the Hour 4.30 The Book Show 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin + Le Journal du Temps 7.00 Journal 7.30 Entretiens TSR 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Fiction: Les Rives du Paradis (3ème Passage) 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour F3 1.00 Journal 1.15 FILM 3.00 Journal 3.15 TV5 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Fiction: Les Rives du Paradis (5ème Passage) 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour F2 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 FILM 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Bhakti Sagar 9.00 FILM 11.30 News 12noon Thekikaat 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Is Hafte Ki Kahani 4.30 Eklo Jane Re 5.00 Jhankar 5.30 Music Challenge 6.00 Tiger 6.30 Lifetime 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Swabimaan 12.30am Eurospice 1.00 FILM 4.00 Eklo Janere 4.30 Jhankar 5.00 Dasht 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Your Zindagi 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Zaike Ka Safar 8.30 Tara-2 9.00 Jaan 9.30 Neeyat 10.00 Sahelo Bahadur 11.00 Jhat Pat Khana 11.30 Parampara 12noon FILM: Ustadon Ke Ustad 3.00pm Chota Muh Aur Badi Baat 3.30 Knock Knock Kaun 4.00 Filmi Chakkar 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Hasratein 6.00 Feature 7.00 Hadd Kar Di 7.30 Filmi Baatein 8.00 News Bulletin 8.30 Aashiqui 9.00 KTC Sa Re Ga Ma 10.00 Ru-ba-ru 10.30 Up Beat 11.00 Aashirwad 11.30 Chahat Aur Nafrat 12midnight News Bulletin 12.30am Aap Ki Adalat 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Lalkare Sheron de 5.00 Revathi 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Victory in Jesus 5.30 Jack Van Impe Presents 6.00 Adventures in Faith 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Money Matters 8.30 Catch the Fire 9.00 Another Day of Victory 9.30 Church on the Way 10.00 Power of Praise 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Market 2.49 Market Review

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 2.30pm House of Commons 11.00 The Record Highlights from Parliament. 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Maya
The Blood of Kings
1.00pm Alcatraz
An analysis of the history of the notorious US prison.
2.00 Biography
Conrad Hilton
A portrait of the hotel baron.
3.00 China's Wall of Doom
The mysteries of the Great Wall.
4.00
Great World War II Airwars
Airstrike
5.00 The Rise of the Zeppelin
6.00
Naked Warriors of Europe
6.55 Photos for the Future
7.00 Tales of the Gun
Explosive power
8.00 Biography
Sidney Poitier
A portrait of the movie star.
9.00 World War 1
Battle of Jutland
9.30-10.00pm Men in Crisis
Stalin Vs Trotsky

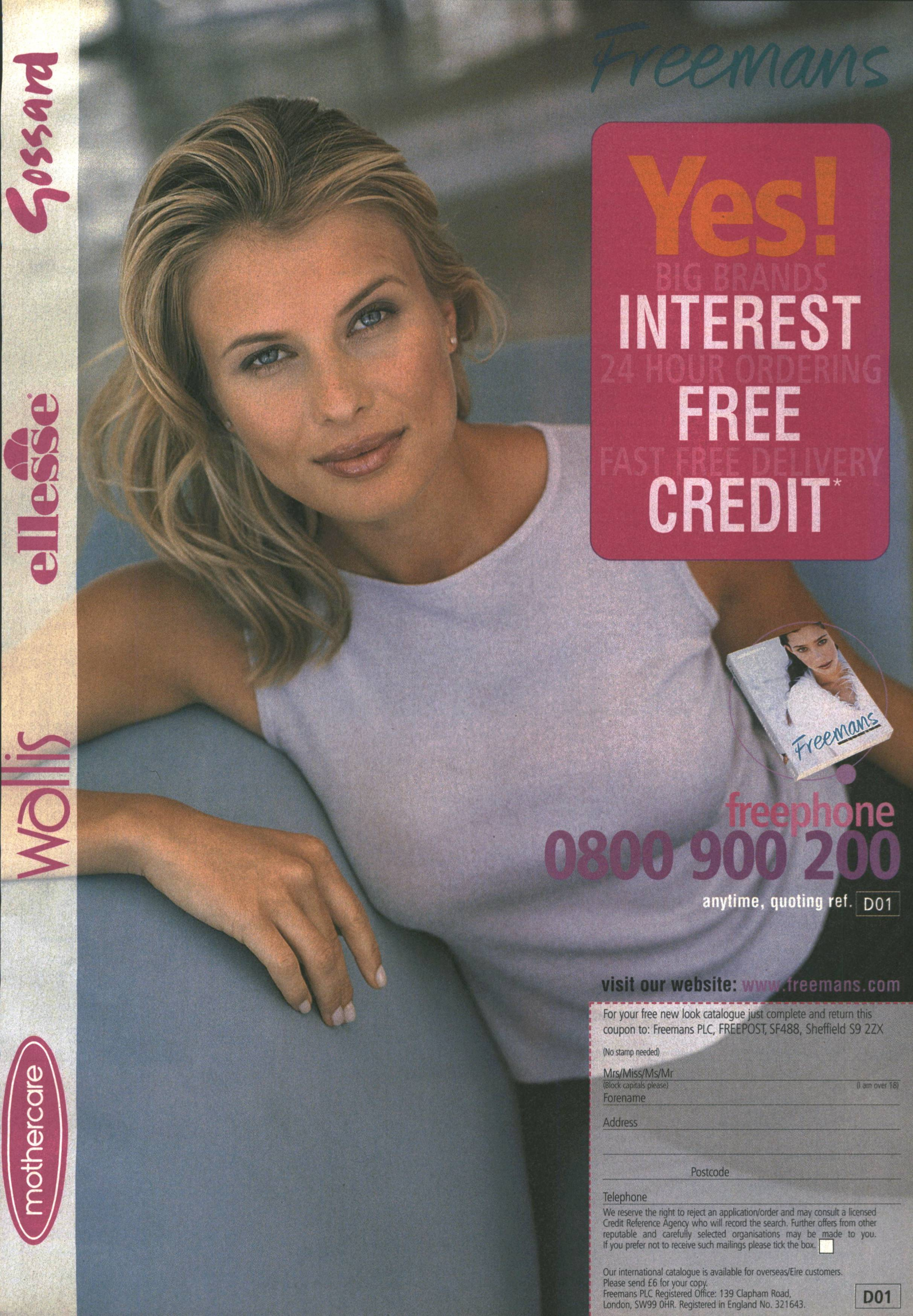
TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Big Bold Gold at 9.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area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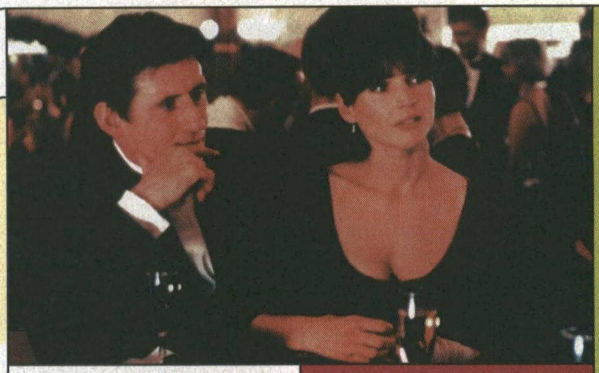
Tuesday 13 July

SKY PREMIER
PREMIUM CHANNEL

6.10am Merlin's Shop of Mystical Wonders
1995, rating Sky PG, 88 mins
8.00 Places in the Heart
1984, rating Sky PG, 107 mins
10.00 Turbo: A Power Rangers Movie
Text *1997, rating Sky PG, 95 mins*
12noon Jane and the Lost City
Sam Jones, Maud Adams
1987, rating Sky PG, 88 mins
2.00pm Places in the Heart
Sally Field, John Malkovich, Danny Glover, Lindsay Crouse, Ed Harris
Moving drama about one woman left on her own to bring up a family and manage her farm. She is joined by an itinerant worker and a lodger. *1984, rating Sky PG, 107 mins*
4.00 Indiscretion of an American Housewife
Anne Archer, Michael Murphy, Andrea Occhipinti
Drama about an Italian wine merchant who rekindles the flames of passion in a woman whose marriage to a diplomat has become stale. *1998, rating Sky PG, 87 mins*
5.45 Turbo: A Power Rangers Movie
Jason David Frank, Johnny Yong Bosch, Nakia Burrise
Adventure featuring the colour-coded, high-kicking, all-American heroes from the immensely popular children's series. The Power Rangers, of course, are a group of regular teenagers who have been recruited to wage war against the forces of evil. Text *1997, rating Sky PG, 95 mins*
7.30 Hollywood Buzz
8.00 Smilla's Feeling for Snow
Julia Ormond, Gabriel Byrne, Richard Harris, Vanessa Redgrave, Robert Loggia
PREMIERE Thriller. A woman decides to investigate the death of a small boy which appears to be an accident, uncovering a deeper conspiracy as she probes the matter. Text *1997, rating Sky 15, 116 mins*
10.00 The Peacemaker
George Clooney, Nicole Kidman, Marcel Iures, Aleksander Baluyev, Rene Medvesek
Thriller. Terrorists have stolen a Russian nuclear weapon. It's up to a hard-edged US Special Forces Colonel and his civilian minder to unravel a conspiricy and track down the terrorists and stop them before it's too late. *1997, rating Sky 15, 124 mins*
12.05am Courage Under Fire
Meg Ryan, Denzel Washington
Thriller. An investigation uncovers different versions of the truth. Text *1996, rating Sky 15, 111 mins*
2.05 Michael Collins
Liam Neeson, Julia Roberts
Text *1996, rating Sky 15, 127 mins*
4.20-5.45am The Directors: The Films of Richard Donner

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Suddenly
Kirstie Alley, Jason Beghe
1996, rating Sky PG, 90 mins
9.00 The Bears and I
Patrick Wayne, Andrew Duggan
1974, rating Sky PG, 85 mins
11.00 Jules Verne's 800 Leagues Down the Amazon
1993, rating Sky PG, 83 mins
1.00pm Too Close to Home
Judith Light, Rick Schroder,
1997, rating Sky PG, 88 mins
3.00 Suddenly
Kirstie Alley, Jason Beghe
Drama. Marty is a woman whose perfect life is turned upside down following an accident which leaves her paralysed from the waist down. She becomes a recluse, believing she will never be happy again – until she meets Bob, who in turn leads her to Joe and suddenly life looks different. *1996, rating Sky PG, 90 mins*
5.00 The Bears and I
Patrick Wayne, Andrew Duggan, Michael Ansara, Val Da Vargas
Drama about a Vietnam veteran who attempts to ease the mounting tension in North Woods in Canada's Rockies between Native Americans and a racist white group as the tribespeople try to reclaim the land that is rightfully theirs. *1974, rating Sky PG, 85 mins*
7.00 Unwed Father
Brian Austin Green, Nicholle Tom, Alan Rachins
Drama. A carefree college student has his life turned upside down when his girlfriend gets pregnant and dumps the baby on his doorstep. He needs to shape up to his new responsibilities. *1997, rating Sky PG, 86 mins*
8.45 Tin Cup
Kevin Costner, Rene Russo, Don Johnson, Cheech Marin
Golfing drama about a washed-up old pro, now working as a coach, who tries to get back into the big time. To impress a glamorous newcomer he attempts to win the US Open. The problem, of course, is that 'Tin Cup' has been teaching golf for so long that he may have forgotten how to play! Text *1996, rating Sky 15, 129 mins*
11.00 Target for Rage
Rick Schroder, Henry Winkler, Freddie Prinze Jr, Ren Woods
A former student returns to his old high school to exact his revenge on his teachers. *1996, rating Sky 18, 89 mins*
12.35am Cupid
Zach Galligan, Ashley Laurence
Thriller. *1996, rating Sky 18, 91 mins* Last Play
2.15 Striptease
Demi Moore, Burt Reynolds
Text *1996, rating Sky 15, 112 mins*
4.25-5.45am Independent's Day
1998, rating Sky 15, 54 mins



Gabriel Byrne and Julia Ormond star in 'Smilla's Feeling for Snow'. Sky Premier 8.00pm

SKY CINEMA
PREMIUM CHANNEL

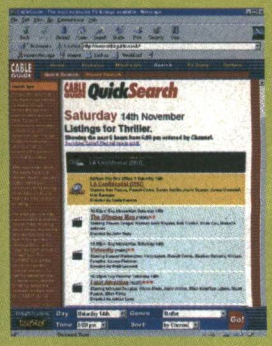
4.00pm Drum Beat
Alan Ladd, Audrey Dalton, Marisa Pavan, Robert Keith, Charles Bronson
Drama, based on a true story about an Indian fighter who, on the command of the American President, General Grant, is ordered to negotiate a peace deal with the of rebel Modoc tribe in Oregon. *1954, rating Sky PG, 103 mins*
6.00 Island in the Sun
James Mason, Joan Fontaine, Dorothy Dandridge, Harry Belafonte, Joan Collins
Drama, set in the West Indies, in which political and emotional tensions erupt when a black man with high ambitions falls for a white woman and finds his political aspirations are further complicating matters. *1957, rating Sky PG, 114 mins*
8.00 East of Eden
James Dean, Raymond Massey, Julie Harris, Jo Van Fleet
Classic tale of teenage angst, based on a John Steinbeck novel. In the early part of the century a rebellious yet inarticulate youth cannot relate to his strict, moral father and finds himself competing with his brother for their father's favour. *1955, rating Sky PG, 110 mins*
10.00 American Gigolo
Richard Gere, Lauren Hutton, Hector Elizondono, Bill Duke
Steamy thriller. A highly-paid gigolo finds himself caught up in a murder investigation after one of his clients is killed and he becomes involved with the wife of a prominent politician. In desperation, he must seek help – but that is difficult to find. Text *1980, rating Sky 18, 112 mins*
12midnight Drum Beat
Alan Ladd, Audrey Dalton
Western adventure. *1954, rating Sky PG, 103 mins*
1.50 The Sniper
Adolphe Menjou, Arthur Franz
1952, rating Sky 15, 88 mins
3.25-4.50am Step Lively
Frank Sinatra, George Murphy
1944, rating Sky U, 85 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Crucifer of Blood
Charlton Heston, Richard Johnson, Edward Fox
Sherlock Holmes thriller loosely based on *The Sign of Four*. Holmes investigates the disappearance of a young woman's father, armed only with a fragment of a map marked with a cross of human blood. The detective unravels a murderous scheme concerning a cache of treasures. *1991, 100 mins*
11.15 Cry Terror
James Mason, Rod Steiger, Inger Stevens, Neville Brand
Fast-paced crime thriller, in which a psychopath forces a one-time friend and his family to assist him in extorting money from airlines. *1958, 93 mins*
1.15am The Walking Stick
David Hemmings, Samantha Eggar, Phyllis Calvert, Emlyn Williams
Crime drama. *1970, 98 mins*
3.00-5.00am Crucifer of Blood
Detective thriller. *1991, 100 mins*



WANT TO KNOW WHICH ROBERT DE NIRO FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Battle Over Citizen Kane
Oscar-nominated documentary looking at an extraordinary battle of giants, charting the efforts by newspaper magnate William Randolph Hearst to suppress Orson Welles's *Citizen Kane* (a thinly-veiled biography of Hearst). The film uses clips from the film alongside newsreel footage. *1996, 120 mins*
8.05 In the Soup
Steve Buscemi, Seymour Cassel
A film-script writer attracts the attention of a small time hood. The mobster is determined to sell one of his scripts even if it means compromising the writer's integrity. *1992, 95 mins*
9.40 Bad Bosses Go to Hell
9.45 The Universe of Dermot Finn
10.00 Prick Up Your Ears
Gary Oldman, Alfred Molina, Vanessa Redgrave, Janet Dale
Biopic based on the relationship between Sixties writer Joe Orton and Kenneth Halliwell. The film traces the course of their intense, claustrophobic relationship as it degenerated into violence, culminating in murder and suicide. *1987, 106 mins*
11.50 Flames of Passion
12.10am Lenny
Dustin Hoffman, Valerie Perrine
Biopic of Lenny Bruce, the ground-breaking comedian. *1974, 107 mins*
2.00 This Boy's Life
Leonardo DiCaprio, Ellen Barkin
Rites-of-passage. *1993, 110 mins*
3.55-5.45am Five Corners
Jodie Foster, Tim Robbins
Off-beat thriller. *1988, 90 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
US MARSHALS
Action thriller sequel to *The Fugitive*. After being wrongly imprisoned for murder a truck driver goes on the run in an attempt to prove his innocence before he is caught again. Starring Wesley Snipes and Tommy Lee Jones.
1998, Sky 15, 125 mins
PLAYS AT 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would make a nice spot for a nest. Stars Matthew Broderick and Jean Reno.
1998, Sky PG, 133 mins
PLAYS AT 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
DARK CITY
Sci-fi thriller. A man wakes up in a bathtub with a murdered woman and no recollection of his past. He then has to figure out who he is while avoiding the mysterious forces that seem intent on destroying him. Starring Rufus Sewell and William Hurt.
1998, Sky 15, 97 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Tuesday 13 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Punish My Controlling Husband

3.00 Jenny Jones
I Regret What I Did and I Want to Apologise
Repentant guests ask for forgiveness from the people to whom they have caused pain.
4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt.
5.00 Star Trek: Deep Space Nine
Accession
A Bajoran appears mysteriously after more than 200 years and challenges Sisko. Text
6.00 Dream Team
6.30 Friends
The One with the Morning After
Despite his best efforts, Ross is unable to stop Rachel finding out about Chloe.
7.00 The Simpsons
Lisa's Date with Destiny
Lisa develops a crush on bully Nelson Muntz. Text
7.30 The Simpsons
Realty Bites Text
8.00 Speed!
The dramatic experiences of ordinary motorists. Text
8.30 Coppers
Fly-on-the-wall series that follows the work of the police in Britain.
9.00 World's Scariest Police Chases
Interviews with suspects and witnesses, and footage of a two-hour car chase that made the headlines in America. Text
10.00 Red Light Girls
Mistress Anya is trying to be a corset designer, Angelica is still trying for the Playboy TV job and Madame Lyn throws open the doors of her brothel. Text
11.00 Friends
The One with the Morning After
Rachel finds out about Chloe.
11.30 Star Trek: Deep Space Nine
Accession
Sisko's role is challenged. Text
12.30am
The Chris Evans Breakfast Show
1.30 Law and Order
Golden Years
An elderly woman is found dead in her apartment, and the detectives suspect her own granddaughter is responsible.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
The Law in Their Hands

3.25 The Bill
Taking Care of Business
Conway's crime initiative is threatened by feuding thieves.
3.55 EastEnders
London soap based in the fictitious area of Walford.
4.30 Neighbours
Rick faces Dorothy, and Toby becomes a hero to everyone but Julie.
5.00 Dynasty
The Dismissal
Alexis drives Dex and Amanda back together, while Blake tries to split them up, and Adam threatens to expose Bart's secret.
6.00 Dangerfield
Games
Dangerfield becomes disturbed when patients begin to report home visits by a GP who claims to belong to their practice.
7.00
Last of the Summer Wine
Cheering Up Gordon
Compo's shy nephew arrives.
7.40 Dad's Army
Something Nasty in the Vault
An unexploded bomb is found in Captain Mainwaring's bank vault.
8.20 The Brittas Empire
Mums and Dads
Gordon Brittas organises a concert recital at the centre.
9.00
One Foot in the Grave
The Affair of the Hollow Lady
9.40 Hetty Wainthropp Investigates
Runaways
The mayor of Titterslow wants Hetty to find his daughter without alerting the police.
10.45 HeartBeat
Secrets
Kate is confronted by a young village girl who is pregnant, and Nick takes a call saying that a flasher has been sighted on the moors.
11.50 The Bill
The Law in Their Hands
12.20am The Bill
Taking Care of Business
12.50 Knowing Me, Knowing You ... With Alan Partridge
1.25 Colin's Sandwich
1.55-3.00am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
An upbeat and humorous magazine programme, featuring human interest stories, celebrities, fashion and beauty.

3.40 Maury Povich
Personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
Life and love with the community of Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests must choose between looks and personality.
6.00
The Jerry Springer Show
US talk show in which Jerry and his guests engage in lively discussion about relationships.
6.50 Fashion Emergency
Supermodel Emme helps people with unusual style dilemmas.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
American talk show.
8.30 FILM: Silkwood
Meryl Streep, Kurt Russell, Cher, Craig T Nelson, Diana Scarwid, Fred Ward, Ron Silver
The disturbing true story, the particulars of which are still under debate, of Karen Silkwood, a worker in an Oklahoma nuclear plant who finds that her life is in danger when she discovers a serious safety breach. *1983*

10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show.
11.30-12midnight Passion
Steamy tales of passion and romance in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
Mr Lonelyhearts
Cagney and Lacey are called in when a simple missing person's case turns into a bigamy and fraud scam.
4.00 Minder
The Bengal Tiger
Arthur and Terry fall into an immigration racket when they help a newsagent who is being threatened over his daughter.
5.00 Charlie's Angels
Haunted Angels
Sabrina plays a clairvoyant in an attempt to outwit a phony psychic researcher, who is swindling a friend of Bosley's.
6.00 Emmerdale
Kim says she's sorry and Joe is curious about Annie.
6.30
Classic Coronation Street
Ken argues with Pam Mitchell.
7.00 Rising Damp
Rooksby
The opening episode.
7.30 The Two of Us
Proposals
The pilot episode.
8.00 Minder
The Bengal Tiger
Arthur and Terry fall into an immigration racket when they help a newsagent who is being threatened over his daughter.
9.00 Cagney and Lacey
Mr Lonelyhearts
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Hot House
Featuring chat, comedy, music and special guests.
11.30 Babewatch UK
Seventies fever abounds, including disco dancing.
12midnight
FILM: The Chinese Tiger
Chin-kun Li
Smuggling, drugs, murder and greed are the key ingredients to this action-packed martial arts film.
1.40am Search for a Centrefold
Follow the adventures of a group of touring centrefolds.
1.50-2.00am Lord Lust's Lovelies

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Double Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Sam 1.25 Classic Toons 1.30
FILM: Cat From Outer Space *1978*

3.10 The Little Mermaid
Undersea adventures with Ariel and her friends. Text
3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Animated canine capers and daring doggy deeds. Text
4.30
Hercules: The TV Show
Hercules and the Dream Date Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
The Famous Stone Gold
Mysterious accidents. Text
6.00 Smart Guy
Gotta Dance
TJ encounters the first subject he can't master – dancing. Text
6.30 Boy Meets World
Chasing Angela Text
7.00 FILM: Zenon, Girl of the 21st Century
Kristen Storms, Raven-Symone
When the company boss comes visiting, a teenager living in a space station feels he's up to something crooked. But all her friends are more concerned about their favourite rock band playing. *1998* Text
8.40 Honey, I Shrunk the Kids: TV Show
From Honey, with Love
Wayne is secretly recruited to join Canada's Secret Service. Text
9.20 So Weird
Stories of paranormal events.
9.40 Bone Chillers Text
10.05 Home Improvement
10.30 The Wonder Years
11.00 Dr Quinn: Medicine Woman
11.50-12midnight Classic Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

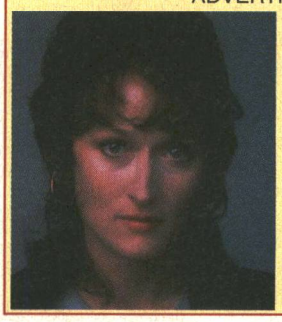
FILM

Lenny
FilmFour 12.10am
Bob Fosse directs this compassionate portrait of tragic comedian Lenny Bruce, whose savagely satirical stage act resulted in his being arrested on obscenity charges. Dustin Hoffman is heart-breaking as he charts Bruce's drug-induced downfall.

GENERAL

The Two of Us
Granada Plus: 1.30pm, 7.30pm
The consistently excellent Nicholas Lyndhurst stars in this Eighties sitcom as Ashley Phillips, a man who wants nothing more than to marry his girlfriend Elaine (Janet Dibley). She, however, is quite happy with the status quo. Lots of gentle laughs and witty repartee.

ADVERTISEMENT



living
SILKWOOD 8.30PM
Meryl Streep stars as Karen Silkwood, a worker in a plutonium processing plant in America's southwest. She died in a a car crash as she was about to go public with information about the horror she saw behind the guarded walls of the factory. Was her death really an accident?

Tuesday 13 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Superbike
Action from the World Championship in Laguna Seca, California, USA.
8.00 Cycling
Action from the Tour de France.
9.00 Cycling – LIVE
Further coverage of the ninth stage from the Tour de France. Today's stage is from the Alpine ski resort Le Grand Bornand.

4.30pm Cycling
Action from the ninth stage of the Tour de France.

5.30 Motorsports
Magazine programme featuring the Open Fortuna Nissan and the Ferrari Challenge.

7.00 Truck Sports
Coverage of the '99 Europa Truck Trial in Mieders, Austria.

8.00 Cycling
More action from the Tour de France.

10.00 Athletics
Coverage of the AAAC Permit Meeting in Casablanca, Morocco.

11.00 Golf
Action from the US PGA Tour, the Motorola Western Open in Lemont.

12midnight-12.30am Olympic Games
Magazine programme.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 V-Max 7.45 Totalsport
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 V-Max
10.00 Ten Pin Bowling: World Ten Pin Masters
11.00 Max Power
12noon Aerobics Oz Style
12.30pm V-Max
1.00 Big Time Boxing

3.00 Totalsport
Sporting issues.
3.30 Asian Sports Show
Golf, football and racing are all featured.

4.00 Cricket: CGU National League – Durham v Derbyshire – LIVE
Charles Colvile presents coverage from the CGU National League match between Durham and Derbyshire. Both teams are among the favourites to gain promotion to the First Division at the end of the season. One of the many new rules to look out for is the exciting introduction of a free hit for any no-ball called during the match.

7.00 Sky Sports Centre
7.15 Cricket: CGU National League – Durham v Derbyshire – LIVE
The second session live from the CGU National League match between Durham and Derbyshire. This is just one of 20 day/night games in the exciting, new-look league. With promotion to the first division a possibility for both sides, victory is vital.

10.30 Sky Sports Centre
10.45 Wheelbase: Wheelbase Club
A round-up of all the latest news from the dynamic world of British grass-roots motorsport.
11.45 Sky Sports Centre
12midnight Premier Snooker League
Coverage of the 1999 Premier Snooker league.
2.00am Golf: LPGA 1999 – Michelob Light Classic
4.00 Fastrax
4.30-4.45am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 MotoPlus 8.45 Sports Centre 9.00 Xtreme: Rebel Sports 9.30 Xtreme: Wild Spirits 10.00 International Bowls: 2nd Test – Australia v New Zealand
12noon Powerboating
12.30pm Totalsport
1.00 Ten Pin Bowling
2.00 World Motor Sport
Fast-paced coverage from the circuit where all the latest news and views are tracked. From the frantic pace of the Indy Racing League, to the never-say-die approach of the Nascar series, *World Motor Sport* features every lap from every track. The programme also features the key movers and shakers in the race world.

5.00 Fastrax
High speed is on the agenda again.
5.30 Wheelbase: Wheelbase Club
News from British motorsport, including celebrity interviews and all the hottest action.
6.30 Equestrian: Spruce Meadows – Smirnoff Cup
Action from the Smirnoff Cup, the showpiece event from Spruce Meadows.
7.30 Golf: LPGA 1999 – Michelob Light Classic
Action from every fairway, bunker and green that matters in the LPGA Michelob Light Classic. The Forest Hills Country Club in St Louis, Missouri hosts the tournament won last year by Sweden's Annika Sörenstam.
9.30 Fastrax
Action and features on alternative sports.

10.00 Major League Baseball
Highlights from the latest 'game of the day' as Atlanta Braves do battle with Boston Red Sox in American baseball's Major League.

12midnight Xtreme: Sports Unlimited
Alternative sports.
1.00am Fastrax
1.30 Copa America Football: Semi-final – LIVE
4.00-4.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Live Wire
1.00pm Xtreme: Rebel Sports
Wild and madcap series about sport, definitely not for the faint-hearted.
1.30 Xtreme: Wild Spirits
Wild and madcap series not for the faint-hearted.
2.00 Shell's Wonderful World of Golf
Classic golfing action.
3.00 A to Z of Motorsport

3.30 Equestrian: Spruce Meadows – Smirnoff Cup
Action from the Smirnoff Cup with some of the world's top riders.
4.30 Powerboating – UIM Class 1: German GP

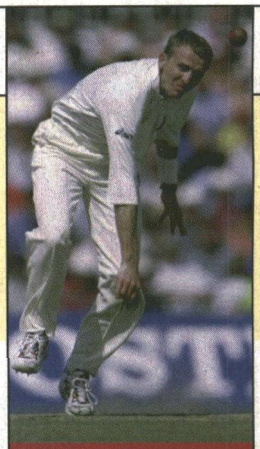
5.00 World Wrestling Federation – Live Wire
Michael Cole presents coverage of exclusive Federation bouts.

6.00 Rugby League Academy
Rugby League Academy takes a look at tomorrow's stars of the game.

7.00 XtremeSports Unlimited
Featuring everything from biking and drag racing to snowboarding and squash.

8.00 Premier Snooker League
Coverage of the 1999 Premier Snooker league. The tournament, which takes place between January and May, is a showcase for the sport's biggest names.

10.00 Superbouts: Hernandez v Nelson
Classic boxing action between Genaro Hernandez and Azumah Nelson from 1997.
11.00-11.30pm Brian Moore Interviews
Legendary former football commentator Brian Moore talks to a famous name from the sporting world.



Derbyshire's inspirational captain Dominic Cork has the Durham attack in his sights. Sky Sports 1 4.00pm, 7.15pm – Live

MUTV
ADD-ON CHANNEL

6.00 Red Hot News
The latest news from Old Trafford.
6.15 Season Snapshots
6.30 Fan File
7.00pm Talk of the Devils: Who's the Greatest
Tune in to the show in which journalists and fans chat about the Reds.
8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
Classic match action from a great game in the past.

9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
Tonight's action continued.

10.30 Red Hot News.
10.45 Super Match Shorts
11.00 Reserves Replayed
Another chance to catch the reserves in action.
11.30-12midnight Reds on the Green

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
The Golden Man
An US astronaut goes forward to the 25th Century.

4.00 The Incredible Hulk
Long Run Home
Banner gets involved in a conflict between rival motorcycle gangs.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 Robocop
When Justice Falls
Robocop and Officer Madigan race to save the lives of four astronauts.

7.00 The Six Million Dollar Man
Thunderbird Connection
Steve Austin becomes a member of the Thunderbirds.

8.00 Space Rangers
Banshees
Boon refuses Colonel Weiss's request that the Rangers trap some deadly aliens.

9.00 Babylon 5
Falling Toward Apotheosis
The Vorlons are on the attack. Londo's plans to unseat the Centauri emperor become risky.

10.00 FILM: Stephen King's Silver Bullet
Gary Busey, Corey Haim
Adapted from Stephen King's *Cycle of the Werewolf* about a town whose inhabitants are being brutally murdered. It finally dawns on them that the culprit is a werewolf. *1985*

12midnight PSI Factor – Chronicles of the Paranormal
Palimpsest
1.00am Film: Poltergeist III
Tom Skerritt, Nancy Allen
The evil spirit is back. *1988*
3.00-4.00am Dark Shadows

LIVE DURHAM V DERYBSHIRE
SKY SPORTS 1 4.00PM, 7.15PM

Another day/night game to enjoy from the CGU National League. Both teams are among the favourites to gain promotion to the top flight at the end of the season. Durham struggled in their initial seasons among the first-class counties, but now appear ready to mount a real challenge. The story at Derbyshire, however, is one of internal turmoil which has featured the will he, won't he? saga of Dominic Cork's captaincy and his form, which may hold the key to Derbyshire's whole season.

ITV2
ACCESS PACK

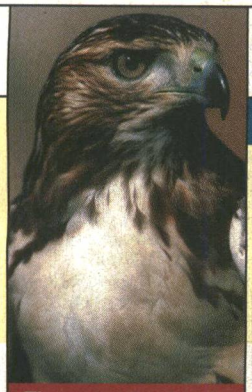
4.00pm Trisha
Trisha Goddard shares heartwarming and hair-raising true stories with a studio audience.
5.05 Not Recommended Behaviour
5.30 MTB
Marc Beisiegel presents the mountain bike 1999 World Cup series.
6.00 Board Wild
Coverage of international board sports.
6.30 Bedrock
An hour of fun with guests, music and webcams.
7.30 Sport Zone: The Locker
Gabby Yorath presents a fitness magazine.
8.00 NBA Jam
New magazine on basketball.
8.30 Futbol Mundial
Football news and action.
9.00 New Jerry Springer
American talk show.
9.45 Words With
Celebrities relate anecdotes based on selected words.
10.00 Big Bad World
11.00 Emmerdale
Tonight's episode from ITV.
11.30 Soap Fever
Liza Tarbuck presents a live show devoted to soaps.
12.30am Late Zone: Bedrock
An hour of fun with celebrity guests and music.
1.30-2.00am The Locker

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview
12.10 Amateur Girls
12.20 Unearthing Passions
12.45 FILM: Taboo
1.00 The Five Minute Free View 1.05 FILM continues 2.00 Teresa Scott Unleashed
2.25 FILM: Young Nurses
3.40-4.00am Sex Profiles

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Tuesday 13 July



The red-tailed hawk is at home in Central Park's 'Wild City'. National Geographic Channel 9.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
An eclectic collection of games and challenges, both mental and physical. Presented by Richard O'Brien.
9.00
Stars in Their Eyes
Matthew Kelly is your host for the talent show.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air hosts a quiz testing contestants on entertainment, sport, sex and food.
11.00
Celebrity TV Bloopers
The show that uncovers a multitude of mishaps at the expense of the so-called acting professionals.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue
5.00-6.00 Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Lie Detector 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Lie Detector
Deception uncovered using modern methods.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
The tough Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Highly charged erotic drama from the USA.
10.30 Exotica Erotica
Adults only entertainment.
11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Kitchen College 10.00 A Taste of England 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Food Network 12.30pm Tastes of Britain 1.00 Coxon's Kitchen College 1.30 A to Z of Food and Beauty 2.00 Simply Baking 2.30 Food Network Daily 3.00 Japaneasy 3.30 The Alex Factor 4.00 Tessa's Tastebuds *Watercress and Rocket* **4.30-5.00pm Ross on the Range**

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
How to Run a Successful Restaurant
5.30 Get Smart
The Mysterious Dr T
6.00 I Spy
One of Our Bombs is Missing
Scotty and Alex are ordered to retrieve an atom bomb from a plane.
7.00 Boon
Daddy's Girl
Wedding bells are ringing, but the nearest Ken and Harry get to the fun is installing security cameras.
8.00
The Far Pavilions
This adaptation of the epic novel, set in colonial India, follows a cavalry officer and an Indian princess.
9.00 The Upper Hand
Charlie and Caroline find friends can be too friendly.
9.30
An Inspector Calls
Hotel Check
10.00 Lovejoy
The Axeman Cometh
Lovejoy finds an ancient Arabian headdress that brings him nothing but trouble.
11.00
Hill Street Blues
Some Like it Hot Wired
Furillo faces a wave of resignations when life on the Hill gets too much.
12midnight-1.00am I Spy
One of Our Bombs is Missing
Scotty and Alex are ordered to retrieve an atom bomb from a plane that has crashed in a remote village.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
Dinosaur Bones
2.00 Breed All About It
Dalmatians
From fire engine mascot to movie star.
2.30 Breed All about It
Alaskan Malamutes
3.00 Good Dog U
Leash Training
How to stop a dog biting its lead.
3.30 Good Dog U
Chasing Dog
4.00 The Last Husky
A voyage across the world for a team of huskies, obliged to leave Antarctica because of the Madrid Protocol forcing all non-indigenous species to go.
5.00 Wildlife SOS
A Canada goose has its broken leg plastered.
5.30 Wildlife SOS
A heron needs rescuing.
6.00 Harry's Practice
Dr Cooper has to make a life-or-death decision.
6.30 Harry's Practice
Dr Cooper cares for a dog with a slipped disc.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
Vets help those who cannot help themselves.
8.00 Judge Wapner's Animal Court
A neighbour who failed to control his dog properly.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
Three students are at the end of work placement.
9.30 Emergency Vets
The vets treat a dog injured in a car accident.
10.00
Emergency Vets
The vets treat a puppy with hip displacement.
10.30
Emergency Vets
11.00-12midnight
Untamed Africa
The Birth of Tinga
Tinga the topi is born and has to prove he can survive in the savannah.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 The Immortal Emperor 8.30 Killing for a Living 9.30 Esther 10.00 The Day the Universe Changed 11.00 Einstein: Fame 12noon Lion Country 12.30pm Animal Hospital on the Hoof 1.00 The Kon-Tiki Man 1.30 Tomorrow's World Plus 2.30 A Knife to the Heart
The early years of kidney transplants.
3.30
Island of Dreams
The fortunes of four British women who found romance on the Ionian island of Zakynthos.
4.30 Esther
First Love
A look at first love and whether it can last.
5.00 Lion Country
A behind-the-scenes look at Longleat.
5.30 Great Hedgehog Mystery
The life of the hedgehog.
6.00 War Walks
Hastings
Normans against Harold.
6.30 War Walks
Bosworth
Wars of the Roses site.
7.00 Smallpox on Death Row
Should the last samples of the smallpox virus be kept if they can hold information on curing other diseases?
8.00 Animal Hospital on the Hoof
Rolf Harris visits Whipsnade Animal Park.
8.30 Vets in Practice
The vets face a new year.
9.00 The Great Flood
Evidence of when the oceans of the world broke into, and destroyed a civilisation in the area now known as the Black Sea.
10.00 The Clampers
10.35
Sylvania Waters
Noeline and Laurie argue about their marriage.
11.05 Top Gear GTi
12.05am-1.00am DEA
Undercover Eddie
Posing as a dope dealer with mob connections in Las Vegas, Eddie infiltrates a gang of drug traffickers.

UK PLAY:
1.00am League of Gentlemen 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Agony Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Julia Carling 9.30 Young Chefs 10.00 Intimate Portrait 11.00 Perfect Parenting 11.30 Cook's Garden 12noon Montel Williams 1.00pm Fashion Livetime 2.00 The View

3.00
Fashion Livetime
A look at the latest high street and designer fashions plus top tips and makeover advice.
4.00 The Montel Williams Show
Mothers on Welfare
Montel Williams uses his unique, passionate approach to help viewers.
5.00 The Pet Show
The guide to man's best friend.
5.30-6.00pm
Cook's Garden

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Eagles: Shadows on the Wing
A look at how the eagles' way of life has been affected by the spread of human habitation.
8.00 The Battle for Midway
Join Dr Robert Ballard as he searches out ships that sunk without trace during the Battle for Midway.
9.00 Wild City
Actress Isabella Rossellini hosts this documentary which examines the wildlife of New York's Central Park.
10.00 The Amazing World of Mini Beasts: A Saga of Survival
A portrait of invertebrates in a garden in Australia with Densey Clyne.
11.00 Survivors of the Skeleton Coast
A peek at the elusive desert-dwelling elephants in the harsh, unforgiving Namib Desert.
12midnight Between the Desert and the Deep
The Sinai peninsula boasts an amazing bounty of life, including the Nubian goat, the desert fox and the lydrax.
12.30am-1.00am Crowned Eagle: King of the Forest
Survival of the Kenyan eagle.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 Women of Colour
11.15-12midnight Most Wanted
12midnight Dish of the Day
12.10am Totty Try-Outs
12.25
FILM: I'll Try Anything... Once!
1.45 Adult feature
2.15 FILM: The Governess
Lacey Rose, Teri Diver
3.30-4.00am Breast Files
Adult feature.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
2.00pm Hit List UK
Presented by Cat Deeley.
3.00 Bytesize MTV
4.00 Select MTV
Live from Sound Republic.
6.00 Bytesize MTV
7.00 brand:new
8.00 US Top 20 Countdown
9.00 Daily Edition
Catch up with the latest gossip and music news.
9.30 MTV Megamix
The visual equivalent of spinning the decks.
10.00 The Blame Game
Couples work out what went right and wrong in their relationships.
10.30 Daria
The world's most cynical teenager.
11.00 Mad 4 Hits
12midnight Alternative Nation
A definitive look at the movers and shakers of the underground.
1.00am The Blame Game
1.30 Daria
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Ronan Keating 1.00pm Greatest Hits of... The Smiths 1.30 Pop-Up Video 2.00 Jukebox 4.00 Behind the Music: Duran Duran 5.00 VH1 Live 6.00 Greatest Hits of... The Smiths 6.30 VH1 Hits 9.00 Millennium Years: 1975 10.00 Mike and the Mechanics Uncut 11.00 VH1 Spice 12midnight VH1 Flipside 1.00am-6.00am The VH1 Album Chart Show

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Looking Good 10.30 Ainsley's Meals in Minutes11.00 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Wine World 2.00 Style Street 2.30 Growing Places 3.00 Gardening Neighbours 3.30 Voyage 4.00 Voyage 4.30 a la Mode 5.00 Antiques Roadshow US 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 The Antiques Show 9.30 Good Living 10.00 The Antiques Inspectors 11.00 Geoff Hamilton 11.30 How Does Your Garden Grow? 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Tuesday 13 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00 AM
6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 Rex Hunt's Fishing Adventures 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

3.00 PM
DISCOVERY
WORLD PACK

4.00 PM
4.00pm Rex Hunt's Fishing Adventures
Rex Hunt fly-fishes for black bream.
4.30 Walker's World
Canada

5.00 PM
5.00 Flightline
The largest single-engined flying biplane in the world.
5.30 Ancient Warriors
The Aztecs

6.00 PM
6.00 Zoo Story
The fascinating stories from London Zoo.
6.30 Wildest Asia
A look at the exotic wildlife of Asia.

7.00 PM
7.30 Great Escapes
Lost at Sea
How three divers exploring a wreck were swept out to sea by a freak wave.

8.00 PM
8.00 Visitors from Space
UFO abductees describe their traumatic experiences during tests performed by extraterrestrials.

9.00 PM
9.00 Golden Hour
Race Against Time
How London's medical services use a helicopter to reach the injured within minutes of an accident.

10.00 PM
10.00 Golden Hour
Emergency Call Out
How the doctors of London's medical service deliver immediate top-level treatment.

11.00 PM
11.00 Golden Hour
Fight for Survival
How a hospital ensures that every procedure is carried out to save lives after serious injury.

12.00
12midnight Raging Planet
Hurricane
Following the effects of two devastating storms in North Carolina in 1996.
1.00am Flightline
1.30-2.00am Ancient Warriors
The Aztecs

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 Tidings 10.15 Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
3.30 Scooby-Doo
Those pesky kids step out of the Mystery Machine into another adventure.

4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos.
5.00 I Am Weasel
5.30 Cow and Chicken
Bizarre animated adventures with the surreal siblings.
6.00 Animaniacs
6.30 The Flintstones
More fun with Fred and Barney – prehistoric men behaving badly.

7.00 Tom and Jerry
Madness and mayhem with the ongoing feline/rodent war.
7.30 Looney Tunes
Classic cartoons.
8.00 Cartoon Cartoons
8.30-9.00pm Cult Toons

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor the Engine 2.30 Children's BBC

3.30 Brothers Flub
Animated antics.

4.00 Angry Beavers
Animated antics.
4.30 Rugrats
More fun among the tousle-headed nippers with the overactive imaginations.
5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
6.00 Sabrina The Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Get a Job
7.30 Caroline in the City
8.00 Desmond's
Barber shop sitcom.
8.30 Mad About You
Paul in the Family
Jamie's parents outstay their welcome.
9.00 Ellen
Ballet Class
Ellen tries to be a ballerina.
9.30 Spin City
The Rivals
The former mayor is critical.
10.00 Frasier
Roz and the Schnoz
10.30 Cheers
The Guy Can't Help It
Rebecca returns from a miserable cruise.
11.00 Drop the Dead Donkey
Helen has company on the night shift.
11.30 Whose Line is it Anyway
12midnight Roseanne
12.30am Cosby
1.00am The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers 6.30 Power Rangers 6.55 Spiderman 7.20 Oggy and the Cockroaches 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 The Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy and the Cockroaches 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
Magazine programme.
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The newest mutation of the turtles are here.
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the adults.
5.30 Ace Ventura
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
8.00 6 of the Best
This week's top six focusing on garden essentials.
8.30 The Clothes Line
9.30 Shop! Feature
Treat yourself – and him – to some new underwear.
10.00 Jewellery Box
Another chance to see the best-selling jewellery from the past week.
11.00 Junior Sports Store
11.30 Fitness Zone
Aids for home workouts.
12noon 6 of the Best
This week's top six focusing on garden essentials.
12.30pm In the Garden
1.00 Bargain Shop!
1.30 Shop! Selection
2.30 Travel Bag
More holiday essentials for all the family.
3.00 Home Office
4.00 Beauty Secrets
The natural way to stay beautiful with sea and spa treatments for body and hair.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Branded!
Big-name men's fashion.
7.00-8.00pm Collectors' Shop!

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus:
5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Fortune 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.00 News on the Hour
9.30 The Book Show
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 The Book Show
4.30 Showbiz Weekly
5.30-6.00am CBS News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Cinéma: Souvenirs d'en France 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Cinéma: Souvenirs d'en France 3.00 Journal 3.15 Questions 3.30 Bons Baisers d'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Forts en Tête 6.15 Inédit 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Fiction: Saga Les Cours Brûlés 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL
CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Dhur Ki Bani 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Bhai Hamne To Suna Hai 1.00 Badalte Rishte 1.30 FILM 4.00 Jaldi Jaldi 4.30 Aahwan 5.00 Kaala Daira 6.00 Baaje Payal 6.30 Zamana Badal Gaya 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am Baaje Payal 1.00 FILM 4.00 Music Box 4.30 Kabhi Yeh Kabhi Woh 5.00 Paranda 6.00 Jaldi Jaldi 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Out and About 8.30 Tara-2 9.00 Super 7 Magabla 10.00 My Choice 11.00 Khana Khazana 11.30 Parampara 12noon FILM 3.00pm Hadd Kar Di 3.30 Filmi Baatein 4.00 Filmi Chakkar 4.30 Zee Top Ten 5.30 Hasratein 6.00 Classics of Antakshari 7.00 Doaur Do Paanch 7.30 Chalo Cinema 8.00 News 8.30 Teacher 9.00 Zee Addicts 9.30 Zanjeeren 10.00 Shapath 10.30 Mahabharat 11.30 Banegi Apni Baat 12midnight News 12.30am Tandoori Masala 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM Jungle Ka Kanoon 5.00 Lollywood Top Ten 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Hour of Deliverance 5.30 Freedom 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 A Word from God 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 3.45am Financial Goals 4.45am Focus on Eastern Europe

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 2.30pm House of Commons 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon
Naked Warriors of Europe
12.55pm
Photos for the Future
1.00 Tales of the Gun
Explosive Power
2.00 Biography
3.00 World War I
Battle of Jutland
3.30 Men in Crisis
Stalin vs Trotsky
4.00 Great World War II Airwars
Fight for the Sky
5.00 The Sailing Racers
6.00 Headhunters of the Amazon
6.55 Photos for the Future
7.00 Tales of the Gun
Duel Weapon
8.00 Biography
Grace Kelly
A portrait of the movie star.
9.00 World War I
The Trenches
9.30-10.00pm Men in Crisis
State vs Bruno Hauptmann

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 3.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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Barclays Bank	15.9%

Competitor source May '99 Moneyfacts

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http://www.marks-and-spencer.co.uk/financial-services

MARKS & SPENCER
FINANCIAL SERVICES
Personal Loans

Written quotations available on request from Marks and Spencer Financial Services Limited, Kings Meadow, Chester Business Park, Chester CH99 9FB

All examples in the table are based on a £10,000 personal loan including loan protection repaid over 60 months. Please note that the basis for the comparison is for a loan with optional insurance. Marks & Spencer Financial Services: £256.53 per month, total repayable £15,391.80. Midland Bank: £265.89 per month, total repayable £15,953.40. TSB: £271.74 per month, total repayable £16,304.40. Barclays Bank: £291.99 per month, total repayable £17,519.40. The cost of insurance products between lenders may vary. These are the lowest rates offered by M&SFS, with the exception of rates offered to selected existing M&S Account Cardholders.

Wednesday 14 July

SKY PREMIER
PREMIUM CHANNEL

6.00am
Stop! Or My Mom Will Shoot
1992, rating Sky PG, 83 mins
8.00 Miss Evers' Boys
1997, rating Sky PG, 113 mins
10.00 Let's Ruin Dad's Day
Judge Reinhold, Tony Rosato
1998, rating Sky U, 92 mins
12noon Mrs Winterbourne
Ricki Lake
1996, rating Sky PG, 101 mins
2.00pm
Stop! Or My Mom Will Shoot
Sylvester Stallone, Estelle Getty
Outrageous comedy about an LA police sergeant who finds himself reluctantly saddled with a new partner – his mother! *1992, rating Sky PG, 83 mins*

4.00 Miss Evers' Boys
Alfre Woodard, Laurence Fishburne, Craig Sheffer
Story inspired by real-life events, about a nurse involved in a government scheme to use black men as guinea pigs for medical experiments, in which over 400 black men with syphilis were given placebo treatments in place of real medicine. *1997, rating Sky PG, 113 mins*

6.00 Let's Ruin Dad's Day
Judge Reinhold, Tony Rosato
Comedy about a 12-year-old who misinterprets his father's decision to attend a job interview in Chicago as a signal that his parents are on the brink of divorce. Determined to keep his folks together, he sets about ruining their father's chances of winning the job in the Windy City. *1998, rating Sky U, 92 mins*

8.00 That Old Feeling
Bette Midler, Dennis Farina, Paula Marshall, Gail O'Grady
Romantic comedy about a middle-aged couple who have been divorced for 12 years. When their daughter decides to get married, the pair meet at the wedding – only to rediscover a passion for one another that they thought had died years before. *1997, rating Sky 12, 101 mins*

10.00 Under Pressure
Charlie Sheen, Mare Winningham, David Andrews, John Ratzenberger
PREMIERE A firefighter loses the plot after his wife leaves him. He begins to terrorize the family next door. **Text** *1997, rating Sky 15, DS, 84 mins*
11.30 Chain Reaction
Keanu Reeves, Morgan Freeman
Explosive high-tech thriller. **Text** *1996, rating Sky 12, 102 mins*
1.20am Mistrial
Bill Pullman, Robert Loggia
1996, rating Sky 15, 88 mins
2.55 Fear
Mark Wahlberg, Reese Witherspoon
Suspense thriller. **Text** *1996, rating Sky 18, 93 mins*
4.35-5.30am The Directors: The Films of Alan Pakula

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am
Action Heroes: Kevin Costner
6.30 Movie Magic: Four Heads Are Better Than One
7.00 Miracle on 34th Street
1973, rating Sky U, 95 mins
9.00 Cinema Paradiso
1988, rating Sky PG, 118 mins
11.00 Blessing in Disguise
1995, rating Sky PG, 85 mins
1.00pm Married to a Stranger
1997, rating Sky PG, 88 mins

3.00
Miracle on 34th Street
Jane Alexander, Roddy McDowall, David Hartman, Sebastian Cabot
Seasonal drama about a department store Santa Claus who claims to be the genuine article, much to the amazement of a young girl who doesn't believe in Santa at all. *1973, rating Sky U, 95 mins*

5.00 Cinema Paradiso
Philippe Noiret, Jacques Perrin, Salvatore Cascio
Award-winning Italian drama about a boy who grows up in love with the cinema. From his childhood days spent in the projection booth to his adult career as a movie director, he never forgets the cinema in the village where he grew up. *1988, rating Sky PG, 118 mins*

7.00 Rockford Files: Blessing in Disguise
James Garner, Richard Romanus, Joe Santos
Drama about an actress who calls upon a private investigator after receiving death threats – These are the result of her appearance in a movie which has upset the unhinged members of a religious cult. *1995, rating Sky PG, 85 mins*

9.00 Hit and Run
Margaret Colin, Lisa Vidal, Drew Pillsbury
PREMIERE Drama about a perfect wife and mother whose world begins to fall apart after she knocks down a young girl and chooses not to stop and face the consequences. As the little girl fights for her life, she edges closer to a breakdown. *1998, rating Sky PG, 88 mins*

11.00 Crying Freeman
Mark Dacascos
Martial arts action based on the Japanese Manga of the same name. *1997, rating Sky 18, DS, 97 mins*
12.45 Tecumseh: The Last Warrior
1995, rating Sky 12, 90 mins
2.20 Kiss Me Guido
Text *1997, rating Sky 15, 85 mins*
3.50 Final Justice
1998, rating Sky 15, 88 mins
5.25-7.00am
Married to a Stranger
1997, rating Sky PG, 88 mins

William Hurt and Matt Le Blanc find themselves 'Lost in Space'. Sky Box Office 3, see below

SKY CINEMA
PREMIUM CHANNEL

4.00pm Hell on Frisco Bay
Alan Ladd, Edward G Robinson, Paul Stewart, Joanne Dru, Fay Wray
Action movie about a former policeman, fresh out of jail after serving time for a murder he didn't commit. Embarking on a hunt for the killer who framed him, he comes up against a ruthless gangland boss. *1955, rating Sky PG, 94 mins*

6.00 Pocket Money
Paul Newman, Lee Marvin, Strother Martin, Christine Belford, Kelly Jean Peters
A down-on-his-luck cattleman joins forces with a fast-talking old friend to make some easy money down in Mexico in this Western. However, their plans land them in more trouble than they'd ever expected. *1972, rating Sky PG, 96 mins*

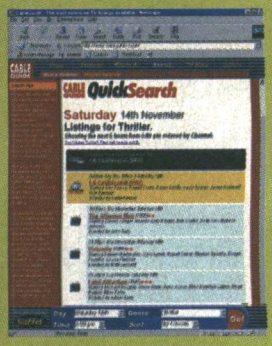
8.00 Havana
Robert Redford, Lena Olin, Alan Arkin, Raul Julia, Tomas Milan, Daniel Davis
Epic romance set against the backdrop of Cuba in 1958. With the first signs of revolutionary rumblings hitting the beleagured but ever-romantic Havana, a gambler arrives in the city for the biggest card game of his life. Instead, he finds himself caught up in the insurgence against dictator Fulgencio Batista. *1990, rating Sky 15, 138 mins*
10.25 Permission to Kill
Dirk Bogarde, Ava Gardner, Timothy Dalton
Thriller about a spy's efforts to return to his home country, and the agents from the West who are determined to do anything to stop him. **Text** *1975, rating Sky 15, 92 mins*
12.05am Hell on Frisco Bay
1955, rating Sky PG, 94 mins
1.45 Heat and Dust
Julie Christie, Greta Scacchi
Lavish Merchant Ivory production. *1983, rating Sky 15, DS, 124 mins*
3.55-5.35am The Fugitive
Henry Fonda, Dolores Del Rio
Moody chase drama. *1947, rating Sky PG, 98 mins*

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Carbine Williams
James Stewart, Jean Hagen, Wendell Corey, Carl Benton Reid, Paul Stewart
The true story of the inventor Marsh Williams who was imprisoned after being caught running an illegal distillery. While in prison in North Carolina, Williams, always obsessed with firearms, proceeds to invent the M-1 carbine. *1952, 90 mins*
11.00 36 Hours
James Garner, Rod Taylor, Eva Marie Saint, Werner Peters, Alan Napier, Celia Lovsky
With D-Day approaching, an American officer who knows every detail of the Allied invasion is captured by the Germans. *1964, 115 mins*
1.15am Alfred the Great
David Hemmings, Michael York
Swashbuckler. *1969, 117 mins*
3.15-5.00am Carbine Williams
James Stewart, Jean Hagen
Gripping biopic. *1952, 90 mins*



WANT TO KNOW WHICH SHARON STONE FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Day for Night
Jacqueline Bisset, Valentina Cortese, Jean-Pierre Aumont
François Truffaut's comedy is superficially a behind-the-scenes look at the making of a feature film; but in truth the plot device is just an excuse for gags about how films are really made and caricatures of every actor and director imaginable. *1973, 111 mins*

8.00 Gregory's Girl
John Gordon Sinclair, Dee Hepburn
One of those films that everyone's watched but has to see again, in which a gangling goalkeeping adolescent is both smitten with and embarrassed by the exploits of a goal-machine female team-mate. *1980, 87 mins*
9.40 Fake
A man fakes his own death.
10.00 Local Hero
Peter Riegert, Burt Lancaster, Fulton Mackay, Jenny Seagrove
Comedy drama. A Texas oil company executive is sent to Scotland to buy up an entire village for the site of a new refinery. The village sets about wondering how to spend the money they will make while the oil executive learns what is really important in life. *1983, 106 mins*
12midnight Ma Vie En Rose
Award-winning drama.
1997, 89 mins
1.35am Summer Dress
Short film.
1.55 My Stepmother Is an Alien
Frenetic sci-fi comedy. Starring Kim Basinger. *1988, 104 mins*
3.55-6.00am Body Snatchers
Paranoid sci-fi thriller. *1994, 82 mins*

MORNING | 6.00 AM | 3.00 PM | 4.00 PM | 5.00 PM | 6.00 PM | 7.00 PM | 8.00 PM | 9.00 PM | 10.00 PM | 11.00 PM | 12.00 | NIGHT TIME

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The Earth is dying and one man volunteers to travel into space with his family in order to find an alternative planet that is hospitable for the human race. Starring William Hurt.
1997, Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of modern media. An everyman museum guard is driven to taking his boss hostage in order to get his attention, and a desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Wednesday 14 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Have to Know...Who's Your Daddy?

3.00 Jenny Jones
You're in Charge So Why is Your Child So Large
The parents of overweight children talk to Jenny about what action to take.
4.00 Guilty!
Guilty! tackles the crimes and misdemeanours committed by friends, lovers, families and colleagues at work.

5.00 Star Trek: Deep Space Nine
Rules of Engagement
The Klingon Empire accuses Worf of wantonly destroying a Klingon civilian ship. Text
6.00 Dream Team
Football soap.
6.30 Friends
The One Without the Ski Trip
Ross and Rachel's separation takes its toll on Chandler. Text
7.00 The Simpsons
Crepes of Wrath
Homer goes to France. Text
7.30 The Simpsons
Life in the Fast Lane
Marge has an admirer. Text
8.00
Mortal Kombat: Conquest
Vengeance

9.00 The X-Files
Home
The agents encounter a family of inbred, animal-like brothers living on a farm in a remote section of Pennsylvania.
10.00
The Brazilian Roswell
NEW Accounts of UFO sightings in Brazil.

11.00 Friends
The One Without the Ski Trip
Ross and Rachel's separation takes its toll on Chandler. Text
11.30 Star Trek: Deep Space Nine
Rules of Engagement
The Klingons accuses Worf of destroying a civilian ship. Text
12.30am
The Chris Evans Breakfast Show
An hour of madness.
1.30 Law and Order
Snatched
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Cause for Complaint

3.25 The Bill
Blood Counts
McCann is in hot water over a false arrest.
3.55 EastEnders
A glamorous world awaits Sam and the Taverniers await a decision on Lloyd's future.
4.30 Neighbours
Lou's mind power causes Jim to have a nasty accident.
5.00 Dynasty
Ben
Krystle and Alexis mud wrestle after Alexis denounces Blake in public, and she lures Ben Carrington back from Australia.
6.00 Dangerfield
Old Dog: Old Tricks
Warwickshire GP and police surgeon Paul has to help an old friend who finds himself out of step with his neighbours.
7.00
Last of the Summer Wine
The Kink in Foggy's Niblick
Sid and Compo don't believe Foggy can play golf.
7.40 Dad's Army
Big Guns
The unit receives heavy artillery.
8.20 The Brittas Empire
Safety First
While Gordon trains his staff, his wife gives him an ultimatum.
9.00 Men Behaving Badly
Gary and Tony
Gary needs a new flatmate but nobody seems suitable.
9.40 Men Behaving Badly
Rent Boy
Gary thinks Tony is gay.
10.20 Hamish Macbeth
The Lochdubh Assassin
Isobel briefly returns to Lochdubh to help two Glasgow friends escape from a gang of hoods. When the gangsters arrive in pursuit of the pair, Hamish and the villagers close ranks.
11.25 The Bill
Cause for Complaint
11.55 The Bill
Blood Counts
12.25am Knowing Me, Knowing You... with Alan Partridge
With special guest Terry Norto.
1.00 Colin's Sandwich
Enough
1.35 Colin's Sandwich
1.55-2.30am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme, featuring human interest stories, celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
Drama with the kids from down under in Summer Bay.
5.00 Change of Heart
Partners in a new relationship are paired off with their dream date.
5.30 The Dating Game
Dating show in which guests must choose looks or personality.
6.00
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discussion relationships.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show in which guests engage in heated discussions about relationships.
8.30
FILM: Everything to Gain
Jack Scalia, Sean Young
Drama about a vulnerable young woman, shattered by the random murder of her family, who joins forces with a charming but mysterious detective. Together they pursue the killers and soon find themselves embarking on a torrid love affair. *1997*
10.30 Sextasy!
Raunchy late-night fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
Conduct Unbecoming
Det. John Stevens of the Anti-Crime Unit soon runs into trouble after being exposed as a gay porno magazine model.
4.00 Minder
Come in T-64 Your Time Is Up
A minicab firm in which Arthur has half ownership is subjected to a number of violent attacks and Terry has to sort it out.
5.00 Charlie's Angels
The Pom Pom Angels
The Angels go undercover as cheerleaders when three women from a rock group disappear after receiving threatening notes.
6.00 Emmerdale
Mark faces the music.
6.30
Classic Coronation Street
Victor tells Mavis he is thinking of buying a cottage in Saddleworth.
7.00 Rising Damp
Black Magic
7.30 The Two of Us
Family Pressures
Ashley's parents put pressure on him and Elaine to get married.
8.00 Minder
Come in T-64 Your Time Is Up
A minicab firm in which Arthur has half ownership is subjected to a number of violent attacks and Terry has to sort it out.
9.00 Cagney and Lacey
Conduct Unbecoming
American police drama.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Babewatch UK
Jo Guest gets to grips with salsa and there is a look at Spec Wearer of the Year.
11.30 V.P.L.
Fashion with Francine Lewis.
12midnight
Lady Lust's Football Feva
Teresa May and her team of girls explore the world of football.
1.00am Talking Dirty
Fly-on-the-wall sex series
1.20 Lady Lust's Lovelies
Teresa May presents.
1.30-2.00am
Bigger Better Battling Babes

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 The Lion King's Timon and Pumbaa 8.45 Pooh 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black
1.00 Adventures of Sam NEW SERIES
1.25 Classic Toon
1.30 FILM: Big and Hairy
Richard Thomas, Donnelly Rhodes
Comedy drama about a 12-year-old who meets a Bigfoot-type creature. Text *1998*
3.00 The Little Mermaid
The adventures of mermaid Ariel and her friends. Text
3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers. Text
4.30
Hercules: The TV Show
Hercules and the Pool Party
Hers faces a new challenge. Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
Kiss and Tell
Jett's in love. Text
6.00 Smart Guy
The Dawgburger Rebellion
6.30 Boy Meets World
How to Succeed in Business
Cory and Shawn's roles are unexpectedly reversed. Text
7.00 FILM: Brink
Erik Von Detten, Sam Horrigan
The high-speed world of skating is the setting for this drama, in which a young man gets the chance of fame and glory – but soon he must decide whether it's worth it. Text *1998*
8.30 Honey, I Shrunk the Kids: TV Show
Honey, It's No Fun Being an Illegal Alien Text
9.15 So Weird
Fiona Phillips is obsessed with all things weird. Text
9.35 Bone Chillers
A fright fest with a broad streak of humour. Text
10.00 Home Improvement
11.00
Touched by an Angel
11.50-12midnight
Classic Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Body Snatchers
FilmFour 3.55am
Perhaps there was no need for a second remake of Don Siegel's celebrated paranoid sci-fi classic *Invasion of the Body Snatchers* (Philip Kaufman directed an excellent update in 1978), but maverick director Abel Ferrara brings his usual visual imagination to the story.

GENERAL

Men Behaving Badly
UK Gold, 9.00pm
A double bill of laddish buffoonery, including the first episodes to star Neil Morrissey, who took over from Harry Enfield as Martin Clunes's flatmate. There's no denying Enfield's genius, but this show really only came to life when Morrissey entered the picture.

ADVERTISEMENT
UK STYLE
STYLE STREET 2.00PM
Each week UK Style joins in the community fun from a different street somewhere in the UK, with real people in real homes. Experts and celebrities will give advice and tips on everything from cookery and gardening to fashion and DIY.

Wednesday 14 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Cycling
Tour de France.
9.30 Cycling – LIVE
Coverage of the tenth stage of the Tour de France, the 218km stretch between Sestrières and L'Alpe d'Huez.

4.00 PM
4.30pm Cycling
Tour de France highlights.

5.00 PM
5.30
Start Your Engines
Action from the Indy Lights Championship in Cleveland, USA.

6.00 PM
6.30 Tractor Pulling
Coverage of the European Cup in Grimmen, Germany.

7.00 PM
7.30 Football – LIVE
Coverage of a Champions League qualifying round.

8.00 PM

9.00 PM
9.45 Cycling
Tour de France highlights.

10.00 PM

11.00 PM
11.30-12.30am
Start Your Engines

12.00

NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 World Wrestling Federation 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Powerboating – UIM Class 1 10.00 Rugby League Academy 11.00 Equestrian: Spruce Meadows 12noon Aerobics Oz Style 12.30pm Premier Snooker League 2.30 Fastrax

3.00 Wheelbase: Wheelbase Club
Another action-packed 60 minutes of motorsport madness, from auto-tests to hill-climbs.

4.00 Equestrian: Spruce Meadows – Smirnoff Cup
Action from the $40,000 showpiece event, the Smirnoff Cup.

5.00 World Wrestling Federation – Shotgun
Michael Cole and Kevin Kelly provide up-to-the-minute news from the previous week.

6.00
Sky Sports Centre
All the major headlines from the world of sport.
6.30 Copa America Football: Semi-Final
Highlights from the first semi-final in the Copa America. Is anyone skilful enough to overthrow the impressive Brazilians as the tournament reaches an exciting crescendo?
Repeat from Sky Sports 2
8.30
World Motocross Championship: World Motocross

9.00 Pavilion End
Charles Colvile rounds-up all the latest cricket action and looks ahead to some of the forthcoming competitions.

10.00
Sky Sports Centre
10.15 Copa America Football: Semi-Final
All the net-busting action from the first semi-final in the Copa America. The tournament has produced its usual supply of goals, but can anyone wrestle the championship away from holders Brazil?

12.15am Sky Sports Centre
Catch up with news and views from the world of sport.
12.30 Rugby League World
The latest rugby league developments.
2.00 Pavilion End
3.00-3.15am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Xtreme: Sports Unlimited 10.00 Wheelbase: Wheelbase Club 11.00 Golf: LPGA 1999 – Michelob Light Classic 1.00pm Copa America Football: Semi-Final

3.00 Golf Extra
Essential viewing for golfing enthusiasts or those who would simply like to know more about the game. This programme offers a comprehensive round-up of all the significant action from the world's fairways.

5.00 Major League Baseball
Action from the 1999 All Star Game – one of the highlights of American baseball's Major League.

6.30
The Winning Post: Doncaster/Kempton/ Worcester – LIVE
Jeff Stelling introduces live coverage of this evening's horse racing meetings at Doncaster, Kempton and Worcester.

8.30 Golf Extra
All the major players and the tournaments in which they appear are featured on golf's essential and most comprehensive round-up.

10.30 Major League Baseball
Action from the 1999 All Star Game – one of the highlights of American baseball's Major League.

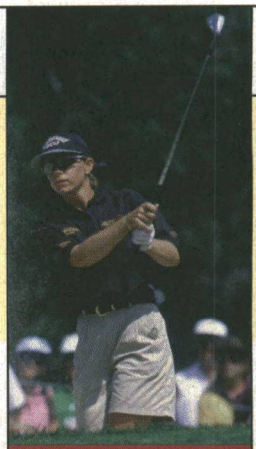
12midnight Xtreme: Black Diamond Sports
1.00am Copa America: Semi-Final – LIVE
The Copa America nears its climax with live action from the second of the semi-finals.
3.30-3.45am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Shotgun
Catch the World Wrestling Federation at its best.
1.00pm
Xtreme: Sports Unlimited
Focusing on those sports that never seem to make it into the public eye.
2.00 Superbouts: Hernandez v Nelson
Classic boxing action.

3.00 Brian Moore Interviews
Sporting celebrity chat.
3.30 Rebel TV: Rebel Sports
Wild and madcap series.
4.00 Fastrax
The performances of competitors in the fast lane.
4.30 Premier Snooker League
Action from the 1999 Premier Snooker League. This event is now in its 13th year and is going from strength to strength, featuring the seven biggest names in the game, including veterans such as Steve Davis and Jimmy White.
6.30 European Tour Weekly
Golfing action.
7.00 Xtreme: Black Diamond Sports
Extreme sports.

8.00
Rugby League World
The latest rugby league developments around the world, from the battlefields of the Super League to the intensity of the Australian National Rugby League championship.
9.30
World Motocross Championship
10.00-11.30pm
FA Cup Classics: Everton v Watford
Legendary Sky Sports stalwart Andy Gray presents a look back at some memorable moments from FA Cup finals in years gone by.



Action from the Michelob Light Classic where Annika Sörenstam defends her title. Sky Sports 2 11.00am

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Reds on the Green
7.00
Junior Masterfan
Fast-paced, fun-packed quiz show.
7.30 Red Legends
Where are they now?
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match – Premier Classic

9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued

10.30 Red Hot News
10.45
Super Match Shorts
11.00
Reserves Replayed
The best of the action.
11.30-12midnight
Best of Wild About United

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Take the Celestra
Starbuck decides to enlist Apollo's aid in rekindling an old flame.

4.00
The Incredible Hulk
Falling Angels
Banner discovers that two orphans are under the influence of a criminal.

5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00
The Invisible Man
Eyes Only
A government worker is suspected of leaking classified information.

7.00 The Six Million Dollar Man
Task Force
Steve Austin goes on a dangerous undercover mission as a mercenary.

8.00 The Net
After faking her own death, Angela tries to start her life anew in a university town embroiled in a debate over censorship of the internet.

9.00 Dark Skies
Ancient Future
Sci-fi thriller series set in Sixties America against a backdrop of political intrigue and cover-ups.

10.00
FILM: The Terminator
Arnold Schwarzenegger, Linda Hamilton
In a post-apocalyptic future in which humans are subordinate to machines, one man is assigned to travel back in time to protect the mother of the resistance leader from an unstoppable cyborg. *1984*
12midnight
PSI Factor – Chronicles of the Paranormal
1.00am
FILM: Demon House
Horror. *1996*
2.30 Amazing Stories
3.00-4.00am Dark Shadows

LIVE
MICHELOB LIGHT CLASSIC
SKY SPORTS 2 11.00AM

Here's the best of the action from the latest LPGA Tour event, the Michelob Light Classic from the Forest Hills Country Club in St Louis, Missouri. Sweden's Annika Sörenstam may be the defending champion, but all eyes will be on this year's leading money winner Karrie Webb from Australia. She has been the star of the season, notching up several victories. Webb will be challenged by the likes of Britain's Laura Davies, who has been finding some better form.

ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares heart-warming true stories with a studio audience.
5.05 The Mix
A weekly rundown of charts, gossip and interviews, with Shovell of M People.
6.05 Wilmot
Wilmot and Boffins
Comedy drama series. Wilmot and Martin enter the *Young Scientist of the Year* competition.

6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
7.30
Sport Zone: Board Wild
Coverage of international snowboarding, windsurfing, surfing and skateboarding.
8.00 Chequered Flag
Motoring magazine that reviews the latest action from the track.

9.00 Babes in the Wood
Sitcom about a divorced wheeler-dealer who lives next door to three feisty girls.
9.30 Desperately Seeking Stardom
10.00 Holidays from Hell
Nightmare vacations.
10.30 For Better for Worse
11.00 Coronation Street
11.30 Emmerdale
12midnight
Late Zone: Bedrock
1.00am-1.30am Wide Angle

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.20 FILM: Climax 2000 1.00 The Five Minute Free View 1.05 FILM continues 1.30 FILM: Babes Illustrated 6 2.40 FILM: Sinderella 3.50-4.00am Brandy Boom Boom

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Wednesday 14 July

Discover the secrets of the prehistoric monument, 'Stonehenge'. UK Horizons 9.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Quiz with Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with an eclectic collection of games and challenges. Presenter Richard O'Brien takes the team through the four different zones.
9.00
Stars in Their Eyes
Matthew Kelly hosts the show for amateur singers.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in Challenge TV's brand new late-night quiz.
11.00
Celebrity TV Bloopers
Another compilation of celebrity gaffes and mishaps captured for prosterity by the cameras
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible
3.30 Blockbusters
4.00 Fifteen to One
4.30 Give Us a Clue
5.00-6.00am Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE
6.00am Shopping 7.00 Nation 7.15 BodyHeat 7.30 Indecent Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Judge Judy 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
The Fashion Show
Review of catwalk trends.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults-only entertainment.
11.30
Strip Masterbrain
11.45 Janeycam
12midnight Compromising Situations 12.30am Private Dancer 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network 9.30 Coxon's Kitchen College 10.00 From the Ground Up 10.30 Food for Thought 11.00 Costa del Nosh 11.30 The Green Gourmet 12noon Network 12.30pm A Year at Ballymaloe 1.00 Coxon's Kitchen College 1.30 Gordon Ramsay's Passion for Flavour 2.00 Newman Meets 2.30 Network 3.00 Tastes of Britain 3.30 Aldo and Friends
Top chefs travel abroad.
4.00
A to Z of Food and Beauty
4.30-5.00pm Simply Baking

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Pollution and Pesticides
Food safety discussion.
5.30 Get Smart
The King Lives?
6.00 I Spy
Father Abraham
The duo have to keep an eye on a fellow agent being used as bait in a plot to foil enemy spies.
7.00 Boon
Best Left Buried
Rocky is in love again, someone is trying to undermine Ken, and nothing goes to plan.
8.00 Blues and Twos
Ace of Clubs
8.30 Superchefs
David Chambers v Hywel Jones
Cookery challenge.
9.00 Soldier, Soldier
The Last Post
The King's Fusiliers prepare for a beach landing attack on a company of marines.
10.00 Pie in the Sky
Local bigwigs want Crabbe to nail the yob they believe is responsible for a spate of burglaries.

11.00
Hill Street Blues
Personal Foul
Excitement builds as Hill Street prepares for a basketball match.
12midnight-1.00am I Spy
Father Abraham
The duo have to keep an eye on a fellow agent being used as bait in a plot to foil enemy spies.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Judge Wapner presides over two more animal cases.
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
2.00 The Blue Wilderness
2.30 Underwater Encounters
The Path of the Sperm Whale

3.00 Secrets of the Humpback Whale
The power and majesty of the humpback whale documented in the waters of Hawaii.
4.00 Ocean Acrobats – Spinner Dolphins
These amazing dolphins can leap into the air and rotate to raise their energy levels before hunting.
5.00 Wildlife SOS
The rescued heron and sparrowhawk are released.
5.30 Wildlife SOS
A badger is caught at the entrance of a fox hole.
6.00 Harry's Practice
Dr Harry Cooper cares for more animals with his partner Dr Katrina Warren.
6.30 Harry's Practice
More from Harry Cooper.
7.00 Animal Doctor
A behind-the-scenes look at the work of RSPCA vets, from emergencies to cases of animal cruelty.
7.30 Animal Doctor
8.00 Judge Wapner's Animal Court
8.30 Judge Wapner's Animal Court
Judge Wapner presides over two animal cases.
9.00 Emergency Vets
9.30 Emergency Vets
The vets treat a dog with breathing difficulties and a Labrador who has eaten some medicine.
10.00
Emergency Vets
10.30
Emergency Vets
A black Labrador suffers back pains after surgery.
11.00-12midnight
Untamed Africa
The Brother of Talek
Two male cheetahs from Talek are separated and lost in a lion's territory.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Kamikaze 8.30 Killing for a Living 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Face of Tutankhamun 12noon Lion Country 12.30pm Animal Hospital on the Hoof 1.00 The Kon-Tiki Man 1.30 Tomorrow's World Plus 2.30 A Knife to the Heart

3.30
Island of Dreams
The fortunes of four British women who found romance on a Greek holiday, filmed over a 15-month period on the Ionian island of Zakynthos.
4.30 Esther
Talking with the Dead
With guest Jennifer Moss.
5.00 Lion Country
Celia the sea lion plays with the hippos.
5.30 Roadrunner – Clown of the Desert
A look the desert bird.
6.00 War Walks
Naseby
6.30 War Walks
Boyne
A look back at the 1690 Battle of the Boyne.
7.00 Overkill
Detectives, archaeologists and scientists recount the events of 1983, when human remains were found in a peat bog.
8.00 Animal Hospital on the Hoof
Rolf Harris and the team visit Whipsnade Wild Animal Park.
8.30 Vets in Practice
9.00 Stonehenge
Ancient Voices
An investigation into an extraordinary prehistoric monument.

10.00 The Clampers
Eagle-eyed Mike Greenidge spots a fraudulent business permit.
10.35 War and Piste
11.05 Top Gear GTi
12.05am DEA
The Big Match
A look at the work of the US Drug Enforcement Agency and the Italian anti-drug force, SCA.
12.30-1.00am UFO Diaries

UK PLAY:
1.00am Game On 1.35 Podge and Rodge 1.45 Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Pick 'n' Mix 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Fashion Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Simply Greek 9.30 Craftwork 10.00 Intimate Portrait 10.30 Behind the Ropes 11.00 Low Fat Cook Book 11.30 Gardeners' Diary 12noon Montel Williams 1.00pm Health Livetime 2.00 The View

3.00 Health Livetime
A look at conventional treatments and alternative remedies, plus all your health queries answered by Dr Chris Steele.
4.00 The Montel Williams Show
Best Of Relationship
Award-winning U.S. chat show host Montel Williams deals with topical issues.
5.00
Gardeners' Diary
5.30-6.00pm
Rosemary Conley's Low-Fat Cook Book

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Beauty and the Beasts: A Leopard's Story
The leopard has a reputation for being a mysterious, intense loner.
8.00
Into Darkest Borneo
This film traces the journey of two explorers through the jungles of Borneo to meet with natives.
9.00 Plagues: The Origin of Disease
Plagues have been one of history's most effective killers, from Biblical times to the twentieth century.
10.00
Plagues: Epidemics – Products of Progress
Ancient epidemics, such as cholera, still threaten modern societies.
11.00 Tasman Jewel
In the Tasman Sea lies Lord Howe Island, a fascinating collection of high rocky peaks, dense vegetation and beaches.
12midnight
School for Feds
Join FBI recruits as they recreate drugs busts and thwart bank robberies, all as part of their intensive training programme.
12.30am-1.00am
Rescue Dogs

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Eden 10.30 Women of South Beach 12midnight Freeview 12.10am Filthy First Timers 12.35 Suburban Sex Secrets 12.50 FILM: Chasin' the 50s 2.10 Lap it Up 2.30 FILM: Fluff Dreams 3.45-4.00am Caught at Home

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize
11.00 brand:new
12noon Mad 4 Hits
Uninterrupted videos.
2.00pm European Top 20
3.00 Bytesize MTV
4.00 Select MTV
Live from Sound Republic, with Donna Air.
6.00 Bytesize MTV
7.00 brand:new
8.00
The Lick R&B Chart Show
Presented by Trevor Nelson.
9.00 Daily Edition
9.30 Say What??
10.00 MTV Live
From the murkiest depths of the MTV live archive comes a selection of top tunes and memorable on-stage moments.
10.30 Movie Special
Round-up of the latest movie news.
11.00 Mad 4 Hits
12midnight Y0!
Rap show.
1.00am MTV Live
1.30 Movie Special
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12.00 Ten of the Best 1.00pm Greatest Hits of... The Corrs 1.30 Pop-Up Video 2.00 Jukebox 4.30 Talk Music 5.00 VH1 Live 6.00 Greatest Hits of... The Corrs 6.30 VH1 Hits 9.00 Bob Mills' Big 80s 10.00 The Millennium Classic Years: 1976 11.00 Gail Porter's Big 90s 12midnight Radiohead Meeting People Is Easy 1.30am Around & Around 2.00am-6.00am Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 The Antiques Inspectors 11.00 The House Detectives 11.30 Moving People 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 A Taste of Africa 2.00 Style Street 2.30 How Does Your Garden Grow? 3.30 Travel Show Guides 4.00 Travel Show Guides 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Looking Good 9.30 Good Living 10.00 Home Front 10.30 The House Detectives 11.00 Peter Seabrook's Gardening Week 11.30 Growing Places 12midnight Gardeners' World 12.30am-1.00am Stefan's Garden Roadshow

Wednesday 14 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 The Home and Leisure House 11.30 Rex Hunt 12noon The Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 The New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM

4.00pm Rex Hunt's Fishing Adventures
Night fishing on a beach.
4.30 Walker's World
Wyoming
With Anna Walker.

5.00 PM

5.00 Flightline
A look at a flying hovercraft.
5.30 Ancient Warriors
The Spartans
A race reared to be human fighting machines.

6.00 PM

6.00 Zoo Story
Stories from London Zoo.
6.30 Alaska's Arctic Wildlife
During springtime in Alaska, flocks of eider ducks and geese migrate further north.

7.00 PM

7.30 Great Escapes
The Men Who Fell to Earth
How Richard Branson and his co-pilot cheated death.

8.00 PM

8.00 Invisible Places
Underworld
A look at the crypt and dungeon of St Michan's Church in Ireland, and the catacombs of Rome.

9.00 PM

9.00 Invisible Places
Subtropolis
The mysteries of the Roman aquaduct system and the substructure of the Sears Tower.

10.00 PM

10.00 Invisible Places
World of War
The underground places to which people have fled throughout history.

11.00 PM

11.00 The U-Boat War
As the war progressed, the merchant ships and their escorts battled the U-boats in the Atlantic, with the Allies eventually victorious.

12.00

12midnight Raging Planet
Killer Wave
A look at what causes tidal waves to occur.
1.00am Flightline
Safety in the cockpit of a Boeing 747.
1.30-2.00am Ancient Warriors
The Spartans

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Animated fun.
3.30 Scooby-Doo
Mysterious happenings with the do-gooders.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Animated heroics.
5.30 Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Animaniacs
More fun from the Warner Bros studio lot.
6.30 The Flintstones
Animated adventures with the cavemen of Bedrock.
7.00 Tom and Jerry
Pitched battles between the famous cat and mouse.
7.30 Looney Tunes
Classic cartoons from the archives.
8.00 Cartoon Cartoons
8.30-9.00pm Freakazoid!
Cartoon comedy.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/ Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor The Engine 2.30 Children's BBC
Includes the *Teletubbies*.

3.30 Brothers Flub
Animated antics.
4.00 Angry Beavers
Madcap antics with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative toddlers.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina The Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Hair Today
7.30 Jenny
US comedy series.
8.00 Desmond's
Barber's shop sitcom.
8.30 Mad About You
I'm Just So Happy for You
Jamie and Paul await the results of their projects.
9.00 Ellen
Guns 'n'Ellen
Ellen's flat is burgled.
9.30 Spin City
A Star Is Born
James is disillusioned.
10.00 Frasier
Life of the Party
Frasier and Niles host a singles party.
10.30 Cheers
One for the Road – Part I
11.00 Drop the Dead Donkey
Gus grapples with some disturbing dreams.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30m Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30 Fox Kids X-Press
3.35 Spiderman
Crime-fighting action.
4.00 Hero Turtles: The Next Mutation
Adventures with the shell-clad heroes.
4.30 Goosebumps
Collection of spooky stories.
5.00 Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
Animated adventures of the zany pet detective.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Jewellery Box
8.30 Branded!
9.30 Fitness Zone
10.00 Beauty Secrets
More beauty tips.
11.00 The Gold Collection
A special range of Victorian style jewellery.
12noon Cook's Den
A look at oven-to-tableware.
1.00pm Bargain Shop!
All the cheapest deals from the shelves of Shop!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 The Gift Store
Stuck for ideas? Tune in and let Shop! help you find the perfect present.
3.00 Travel Bag
Holiday essentials at hard-to-beat prices!
4.00 Collectors' Shop!
Finely crafted dolls.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Beauty Secrets
More professional hints and tips to stay beautiful.
7.00-8.00pm Travel Bag
Holiday essentials at hard-to-beat prices.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fox Files 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Global Village 4.30 Fashion TV 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 Funambule 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Fiction: Les Coeurs Brûlés 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fiction: Les Coeurs Brûlés 3.00 Journal 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Fiction: Les Coeurs Brûlés 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de L'Etape du Jour 9.00 Journal 9.15 Fiction: Jasmine 10.15 Documentaire: Splendeurs Naturelles d'Europe 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Subah AAJ Tak 8.30 Jai Veer Hanuman 9.00 FILM 11.30 News 12noon Balcony 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Vantoosh Ka Funtoosh 4.30 Mahanagar 5.00 Roag 6.00 Edit 6.30 Asianet Aur Aap 7.00 Sanasar 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Balcony 12.30am Asianet Aur Aap 1.00 FILM 4.00 Aarti 4.30 A Mouthful of Sky 5.00 Sansar 5.30 Mumkin 6.00 Vantoosh Ka Funtoosh 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Namaste India 8.30 Tara-2 9.00 Rishtey – The Love Stories 10.00 Dhoop Kinarey 11.00 Khoobsurat 11.30 Parampara 12noon FILM: Mamla Garbar Hai 3.00pm Do Aur Do Paanch 3.30 Hip Hip Hurray 4.00 Filmi Chakkar 4.30 Crossfire 5.00 Jungle Book 5.30 Hasratein 6.00 Sa Re Ga Ma 7.00 Baat Ban Jaye 7.30 Banegi Apni Baat 8.00 News Bulletin 8.30 Amanat 9.00 Deewanagi 10.00 Knock Knock Kaun 10.30 WOH 11.00 Purush Kshetra 12midnight News Bulletin 12.30am Pakistan Business Week 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Vallal 5.00 Filmi Deewane 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Let the Fire Burn 5.30 7 à Vivre 6.00 Life is for Living/Hillsong 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Revival Now 9.00 Another Day of Victory 9.30 Rick Joyner 10.00 Dr A R Bernard 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 4.19am South Africa Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30am House of Commons 11.00pm Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon
Headhunters of the Amazon
12.55pm Photos for the Future
1.00 Tales of the Gun
Duel Weapon
2.00 Biography
Grace Kelly
3.00 World War I
The Trenches
3.30 Men in Crisis
State vs Bruno Hauptmann
The controversial trial of the suspected child killer.
4.00 Under Fire
5.00 Classic Cars
Turbine
6.00 Ancient Warriors
Samurai!
6.55 Photos for the Future
7.00 Tales of the Gun
Wild Frontiers
8.00 Biography
Bonnie Prince Charlie
9.00 World War I
D-Day at Gallipoli
9.30-10.00pm Men in Crisis
Mitchell Vs Military Tradition

TV TRAVEL SHOP
BONUS CHANNEL

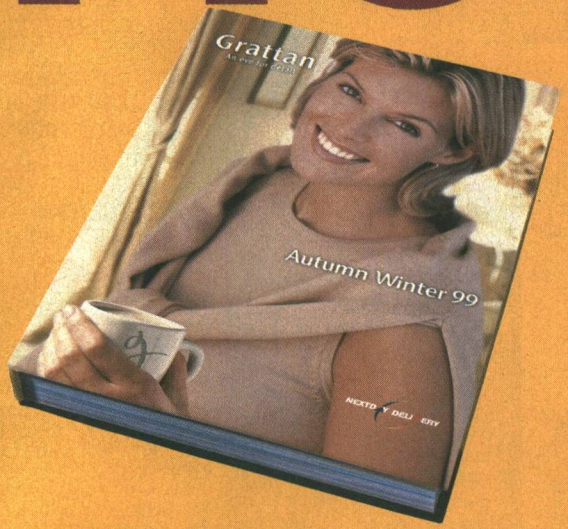
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Tuscany Gold at 6.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Hot off the press!



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Thursday 15 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Clara's Heart
1988, rating Sky PG, 103 mins
8.00 First Do No Harm
Text *1997, rating Sky PG, 90 mins*
10.00 Warriors of Virtue
Angus MacFadyen, Mario Yedidia 1997, rating Sky PG, 99 mins
12noon Clara's Heart
Whoopi Goldberg, Michael Ontkean Drama. *1988, rating Sky PG, 103 mins*
2.00pm Match Made in Heaven
Olympia Dukakis, John Stamos
PREMIERE Drama. An ageing woman tries to pair her son off with the nurse who is caring for her. But he is a ladies' man and is unhappy with his mother's match-making. *1997, rating Sky PG, 88 mins*

4.00 First Do No Harm
Meryl Streep, Fred Ward
Drama in which a mother is determined to find a cure for the debilitating disease afflicting her son. As his condition deteriorates she realises that conventional medicine cannot help him and takes his treatment into her own hands to save his life and her marriage. Text *1997, rating Sky PG, 90 mins*

6.00 Warriors of Virtue
Angus MacFadyen, Mario Yedidia, Marley Shelton, Jack Tate, Doug Jones
Fantasy adventure in which a young boy who, during an initiation rite led by the school bully, is transported to the land of Tao where he joins forces with the kangaroo warriors to fight the evil Komodo. *1997, rating Sky PG, 99 mins*

8.00 Absolute Power
Clint Eastwood, Gene Hackman, Ed Harris, Judy Davis
Thriller. A master thief witnesses a murder at the home of a leading powerbroker. But he can't tell the cops what he has seen as he was trespassing, and lands himself in a cover-up which leads to the White House and the President himself. Text *1997, rating Sky PG, 120 mins*

10.00
Barry Norman's Film Night
Movie news.
10.30 Star Wars – The Making of the Myth
Behind-the-scenes footage.

11.15 Grosse Pointe Blank
John Cusack, Minnie Driver, Dan Aykroyd, Joan Cusack
Black comedy in which a hit man returns to his home town to carry out a murder and drops in on his high school reunion. Text *1997, rating Sky 15, 103 mins*
1.05am The Pallbearer
Text *1996, rating Sky 12, 94 mins*
2.45 William Shakespeare's Romeo and Juliet
Leonardo DiCaprio, Claire Danes
Text *1996, rating Sky 12, 115 mins*
4.45-6.00am The Directors: The Films of John Badham

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Dallas: JR Returns
1996, rating Sky PG, 91 mins
9.00 Family Blessings
Lynda Carter, Steven Eckholdt 1996, rating Sky U, 82 mins
11.00 Cab to Canada
Maureen O'Hara, Jason Beghe 1998, rating Sky PG, 86 mins
1.00pm A Long Way Home
Rosanna Arquette, Timothy Hutton Drama. *1981, rating Sky PG, 91 mins*

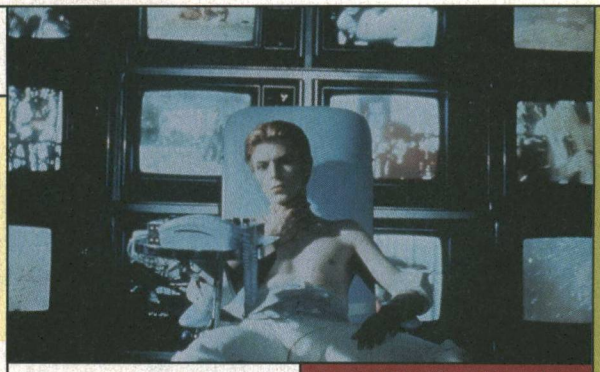
3.00 Dallas: JR Returns
Larry Hagman, Patrick Duffy, Linda Gray, Omri Katz
Drama in which the ruined JR makes a desperate bid to reclaim the empire snatched from him five years ago by his equally scheming, long-term rival, Cliff Barnes. JR tries to claw his way back to the top so he can reunite his beloved family. *1996, rating Sky PG, 91 mins*

5.00 Playing to Win
Shelley Fabares, Lisa Dean Ryan, David Lascher
Drama in which a young girl develops a gambling addiction when she starts dating a similarly afflicted boy. As they spend more and more money on feeding their addiction they find themselves falling deeper into debt and resort to stealing. *1997, rating Sky PG, 86 mins*

7.00 Cab to Canada
Maureen O'Hara, Jason Beghe, Catherine Bell
Drama based on a true story about an elderly woman who hires a cab to take her to a funeral but convinces the driver to take her over 3,000 miles to Vancouver. Although he is initially concerned, the two forge an unlikely friendship. *1998, rating Sky PG, 86 mins*

9.00 The Pandora Project
Daniel Baldwin, Erika Eleniak, Richard Tyson
PREMIERE Action thriller. A helicopter pilot attacks a military base to steal a secret weapon. On the eve of his wedding, a fellow pilot is called in to track his ex-colleague and retrieve the device. But when his fiancée is kidnapped, it becomes personal. *1997, rating Sky 15, 86 mins*

11.00 Spawn
Michael Jai White
Dark tale. A dead government assassin is allowed by the Devil to return to earth for one last time to visit his wife. Text *1997, rating Sky 15, DS, 94 mins*
12.40am The Price of Love
Last Play *1995, rating Sky 15, 87 mins*
2.20 The Bruce
1998, rating Sky 15, 92 mins
4.00 The Haunted Heart
1994, rating Sky 15, 91 mins
5.35-7.00am A Long Way Home
1981, rating Sky PG, 91 mins



David Bowie is 'The Man Who Fell to Earth', in Nicolas Roeg's sci-fi classic. FilmFour 2.30am

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Big Land
Alan Ladd, Virginia Mayo, Edmond O'Brien, Julie Bishop
Western drama in which a group of Texan cattle ranchers and grain farmers set out to get a railroad link to their area. *1957, rating Sky PG, 88 mins*

6.00 The Hell with Heroes
Rod Taylor, Claudia Cardinale, Kevin McCarthy, Harry Guardino
World War II adventure in which a pair of pilots, running an air-cargo service, inadvertently find themselves joining forces with a smuggler and his mistress. *1968, rating Sky PG, 98 mins*

8.00 Tom Horn
Steve McQueen, Linda Evans, Billy Green Bush
A renowned former army scout is hired by ranchers to hunt down rustlers but finds himself on trial for the murder of a boy. He soon finds that the simple skills he knows are of no help in dealing with the ambitions of ranchers and corrupt officials. *1980, rating Sky 15, 93 mins*

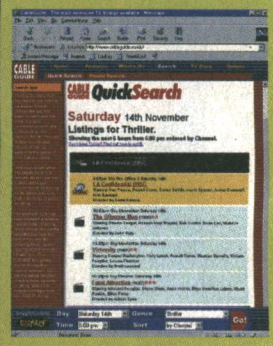
10.00 Midnight Run
Robert De Niro, Charles Grodin, Yaphet Kotto, John Ashton
Action comedy in which a bounty hunter captures a bail-jumping embezzler. They both then take off from New York for Los Angeles with the FBI and the Mob hot on their heels, developing a strange friendship along the way. *1988, rating Sky 18, DS, 121 mins*
12.05am The Big Land
Alan Ladd, Virginia Mayo 1957, rating Sky PG, 88 mins
1.40 Quartet
Alan Bates, Maggie Smith
Period drama. Widescreen *1981, rating Sky 18, 96 mins*
3.25-5.05am Track of the Cat
Robert Mitchum, Diana Lynn 1954, rating Sky U, 98 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm High Society
Frank Sinatra, Bing Crosby, Grace Kelly, Celeste Holm, John Lund, Louis Armstrong
Classic musical. On the eve of a high-class but haughty woman's second marriage, her first husband realises that he is still madly in love with her and attempts to win her back. The tuneful Cole Porter score includes *Who Wants to Be a Millionaire?, Well, Did You Evah?* and *True Love. 1956, 103 mins*
11.15
The Night of the Iguana
Richard Burton, Deborah Kerr, Ava Gardner, Sue Lyon
Drama about a defrocked priest who turns tour guide in Mexico.
Widescreen *1964, 118 mins*
1.45am Sitting Target
Oliver Reed, Jill St John
Drama. Two convicts escape to settle old scores. *1972, 90 mins*
3.30-5.30am Village of Daughters
Comedy. *1961, 83 mins*



WANT TO KNOW WHICH MICHELLE PFEIFFER MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Head
Peter Tork, Davy Jones, Micky Dolenz, Mike Nesmith
Surrealistic comedy musical with The Monkees telling their story in a circular tale of love, paranoia, social criticism and self-parody. With cameo performances by Jack Nicholson, who was a co-producer, and Frank Zappa, and a musical score mostly written by the band. *1968, 85 mins*

8.00 High Anxiety
Mel Brooks, Madeline Kahn, Cloris Leachman, Dick Van Patten
An affectionate pastiche of Hitchcock's work – among the films lampooned are *Vertigo, The Birds* and *Psycho*, as well as his trademark techniques. The loose plot involves a psychologist taking up a job at a new institute. *1977, 90 mins*

10.00 Carla's Song
Robert Carlyle, Oyanka Cabezas, Richard Loza
Ken Loach's film in which a Glaswegian bus driver woos a Nicaraguan refugee and agrees to accompany her back to her country. He sees a war he knows nothing about and in doing so, informs the viewer of the plight of the Sandinistas against the US-backed Contras. *1996, 120 mins*
12.10am The Hidden Fortress
Minoru Chiaki, Susumu Fujita
Action comedy. *1958, 126 mins*
2.30 The Man Who Fell to Earth
David Bowie, Rip Torn
Sci-fi drama. An alien arrives on earth to find water. *1976, 140 mins*
4.45-6.00am Typically British
Discussion with Stephen Frears examining British cinema.

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, the huge green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The Earth is dying and one man volunteers to travel into space with his family in order to find an alternative planet that is hospitable for the human race. Starring William Hurt.
1997, Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of modern media. An everyman museum guard is driven to taking his boss hostage in order to get his attention, and a desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Thursday 15 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
You've Got a Crush? Prove It!

3.00 Jenny Jones
You Don't Even Know It But You Rock My World
Guests reveal their secret crushes to friends and a studio audience.
4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
Hard Time
An alien race implants false memories of a prison sentence into O'Brien's brain. Text
6.00 Dream Team
Football soap.
6.30 Friends
The One with the Hypnosis Tape
Hypnosis affects Chandler. Text
7.00 The Simpsons
Homerpalooza
Homer goes to a festival. Text
7.30 The Simpsons
The Joy of Sect
The family joins a cult. Text
8.00 Dilbert
Charity
The boss starts a charity drive.
8.30 World's Weirdest Pets and People
People and pets.
9.00 Friends
The One Where They Are Going to a Party Text
9.30 Friends
The One with the Girl from Poughkeepsie Text
10.00 ER
Hell and High Water
Dr Ross becomes a media star when he rescues a young boy from a storm drain which is rapidly filling with water.
11.00 Friends
The One with the Hypnosis Tape
Twentysomething sitcom. Text
11.30 Star Trek: Deep Space Nine
Hard Time
Aliens implants false memories into O'Brien's brain. Text
12.30am
The Chris Evans Breakfast Show
Join Chris Evans and the team for an hour of madness.
1.30 Law and Order
Breeder
Briscoe and Logan uncover a scam.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas
Call of the Wild
2.55 The Bill
Hurting Inside

3.25 The Bill
Corroboration
Carver and Jarvis need more evidence to convict a robber.
3.55 EastEnders
Frank and Pat move out of the B&B. Arthur practices his interview technique.
4.30 Neighbours
Brad and his friends make a gruesome discovery.
5.00 Dynasty
Masquerade
Alexis unmasks Ben Carrington in front of Blake at the masquerade ball and Garrett confronts Dominique.
6.00 Dangerfield
Inside Out
The Warwickshire GP and police surgeon becomes emotionally involved when a prisoner dies in police custody.
7.00
Last of the Summer Wine
Going to Gordon's Wedding
Gordon is to marry Josie.
7.40 Dad's Army
The Day the Balloon Went Up
The platoon captures a runaway barrage balloon.
8.20 The Brittas Empire
New Generations
Brittas finally realises that Carole is pregnant.
9.00
Only Fools and Horses
A Touch of Glass
Del sees a unique opportunity to raise his social standing.
9.40 Porridge
Heartbreak Hotel
10.20 Bottom
Burglary
The calm of Hammersmith is disturbed when Richie and Eddie capture a burglar.
11.00 The Bill
Hurting Inside
Barry endangers his parole.
11.30 The Bill
Corroboration
The CPS won't try a robber.
12midnight
Knowing Me, Knowing You ... With Alan Partridge
Spoof chat show.
12.35am Colin's Sandwich
Pussyfoot
1.05 Colin's Sandwich
1.40-2.45am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Upbeat magazine programme, featuring human interest stories, celebrities, fashion and beauty.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
Drama from the kids from down under in Summer Bay.
5.00 Change of Heart
Partners in a new relationship are offered their dream date.
5.30 The Dating Game
Dating show in which guests choose looks or personality.
6.00
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discuss relationships.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show on relationship issues.
8.30
FILM: Too Good to Be True
Patrick Duffy, Loni Anderson, Glynnis O'Connor, Julie Harris
Thriller about a woman's obsessive jealousy. A successful author is captivated by a beautiful woman and, despite warning signals from her relatives, he marries her. As jealousy gives way to murder, his life turns into a nightmare. *1989*
10.30 Sextasy!
Raunchy discussion show with Katrina Buchanan in which she takes a look at erotica, fetishes and sex toys.
11.30-12midnight Passion
Steamy tales of passion and romance in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
I'll Be Home for Christmas
It's Christmas Eve, and the 14th precinct come to the rescue of a down-and-out Santa Claus working a charity con game.
4.00 Minder
Monday Night Fever
Arthur spots an attractive, but not so talented, would-be singer and poses as a showbusiness agent to secure her talents.
5.00 Charlie's Angels
Angels Ahoy
The girls go undercover on a luxury ship to find out the identity of the man who helps wanted criminals get out of the country.
6.00 Emmerdale
Archie lands on Nick's doorstep.
6.30
Classic Coronation Street
Hilda and Stan tell Avril Carter that they want the chip shop.
7.00 Rising Damp
A Night Out
Rigsby dresses up for Ruth.
7.30 The Two of Us
The Limit
Ashley and Elaine go on dates.
8.00 Minder
Monday Night Fever
Arthur spots an attractive, but not so talented, would-be singer and poses as a showbusiness agent to secure her talents.
9.00 Cagney and Lacey
I'll Be Home for Christmas
American police drama.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
Car launches and test drives of the latest models.
11.30 4 Wheels
The world of classic and sports cars, and invaluable buying tips.
12midnight
Great British Motorsport
Coverage of the GT, MGF and National Saloon Car Championships.
1.00am-2.00am
Performance Power
Sarah Donohue presents action sports from around the globe including superbikes from Malaysia.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Pooh 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: Murder She Purred: A Mrs Murphy Mystery
Family entertainment. *1998* Text

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Innovative art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers. Text
4.30
Hercules: The TV Show
Hercules and the Drama Festival
Hades ruins the festival. Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
JB's Big Break
Jett's given a screen test. Text
6.00 Smart Guy
Something Wicked This Way Comes Text
6.30 Boy Meets World
Last Tango in Philly
Women are misunderstood. Text
7.00 FILM: Labyrinth
David Bowie, Jennifer Connelly
Fantasy about an evil king who has captured a baby boy. The boy's teenage sister must navigate a mystical labyrinth in order to rescue him from the king's clutches. Text *1986*
8.40 Honey, I Shrunk the Kids: TV Show
Honey, the Garbage is Taking Us Out
Nick goes eco-friendly. Text
9.20 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.40 Bone Chillers
Funny fright fest.
10.00 Home Improvement
Double bill of the DIY sitcom.
11.00-12midnight
Dr Quinn: Medicine Woman
Another Woman

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

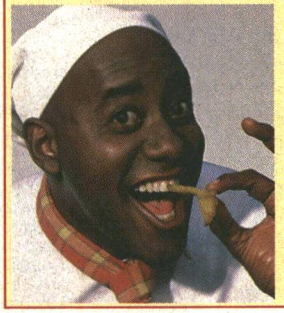
THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Midnight Run
Sky Cinema 10.00pm
The feel-good factor of this road comedy is enhanced by the hilarious interplay between its leads, Robert De Niro and the delightfully droll Charles Grodin. De Niro is the gruff bounty hunter hired to bring in a lawyer (Grodin) who embezzled millions from his mob bosses.

GENERAL
Good Living
UK Style 9.30pm
This lifestyle show benefits from a fast-moving format that packs a lot of useful information into half an hour. Jane Asher keeps things moving and is not afraid to tackle anything, from DIY to dog training, though the results are often entertainingly unpredictable.

ADVERTISEMENT
UK STYLE

MEALS IN MINUTES 8.30PM
Designed for busy people, who love to cook but have no time, TV's favourite chef Ainsley Harriott prepares fantastic food in a flash. Each week, Ainsley serves up delicious dishes designed to suppress any appetite.

Thursday 15 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Cycling
Highlights from the Tour de France.
9.30 Tennis
A look at the ATP Tour.
10.00 Golf
Coverage of the latest golfing events.
11.00 Cycling – LIVE
Action from the eleventh stage of the Tour de France.

4.30pm Cycling
Highlights of the latest action from this year's Tour de France.

5.30 Mountain Bike
Highlights from the fifth round of the World Cup in Squaw Valley, US.

6.00 Racing Line
Highlights of the Formula 3000 action, including interviews and news. Also includes a preview of the 500km event in Zolder.

7.00 Football
Footage of the latest action in the European Championship Legends.

8.00 Cycling
Highlights of the latest action from this year's Tour de France. Last year's winner was Marco Pantani.

10.00 Boxing
Highlights from another international boxing contest.

11.00 Racing Line
Another chance to catch the highlights from the Formula 3000 action, including interviews and news.

12.00 NIGHT TIME

12midnight-12.30am Truck Sports
Action from the fifth round of the FIA European Truck Racing Cup held at the A1-Ring in Spielberg, Austria.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre 7.15 WWF – Shotgun 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Rugby League World 11.00 Cricket: County Challenge – Kent v New Zealand – LIVE 1.15pm World Motocross Championship 1.45 Cricket: County Challenge – Kent v New Zealand – LIVE
Further coverage from the first day of the County Challenge match between Kent and the touring New Zealand team. Roger Twose, the former Warwickshire opener, and fearsome seam-bowler Simon Doull are the Kiwi danger-men in Canterbury.

6.00 Sky Sports Centre
Sporting news and views.
6.30 Copa America Football: Semi-Final
Action from the second semi-final in the Copa America. The 1997 line-up included Brazil, the eventual champions, Bolivia, Mexico and Peru. Another top quality line-up is guaranteed as four more nations fight for South American supremacy.
8.30 Futbol Mundial
A review of all the action from the world game.
9.00 Trans World Sport
Magazine programme bringing you the best from global sporting events.
10.00 Sky Sports Centre
Catch up with all the very latest sporting events.
10.15 Football Special: Australia v Manchester United
Highlights from this match between Australia and the 1999 treble winners Manchester United.

12.15am Sky Sports Centre 12.30 Copa America Football: Semi-Final
Highlights of the semi-final match.
2.30 Formula Three
Motor racing action.
3.00-3.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics 7.30 Sky Sports Centre 7.45 Racing News 8.15 World Motocross Championship 8.45 Sky Sports Centre 9.00 Xtreme: Black Diamond Sports 10.00 Watersports World 11.00 Football Special: Australia v Manchester Utd – LIVE 1.00pm Copa America Football: Semi-Final

3.00 World Motocross Championship
3.30 Watersports World
A comprehensive insight into a variety of different watersports.
4.30 Sports Unlimited
Lifting the lid on such diverse activities as mountain biking and skating.
5.30 Futbol Mundial
With interviews, features and profiles from the world's favourite game.

6.00 Inside the PGA Tour
Behind the scenes with the legends of the PGA Tour.
6.30 Watersports World
A comprehensive insight into watersports.
7.30 Speedway: Elite Speedway League Peterborough v Wolves – LIVE
Peterborough and Wolverhampton fight it out in another action-packed night of live top-class cinder track racing as the Elite Speedway League season reaches an exciting crescendo.

10.00 Formula Three
Motor racing action.
10.30 Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.
11.30 Golf: European Golf Skills Challenge
Action from the European Golf Skills Challenge at the Wentworth Course.

1.30am Tight Lines 2.30 Speedway: Elite Speedway League – Peterborough v Wolves
Another chance to catch the action from a night of top-class cinder track racing.
5.00-5.15am Sky Sports Centre

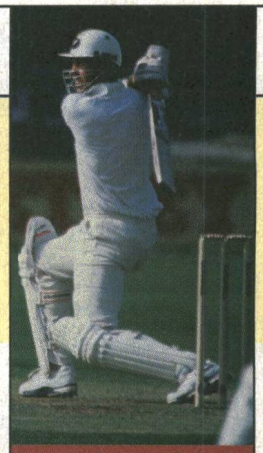
SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Superstars
Hosted by Kevin Kelly.
1.00pm Xtreme: Black Diamond Sports 2.00 FA Cup Classics: Everton v Watford
Andy Gray looks back at the Final from 1984 in which Howard Kendall's Everton side took on Graham Taylor's Watford.

3.30 Rugby League World
All the latest rugby league developments from around the world, from the battlefields of the Super League to the intensity of the Australian National Rugby League championship.
5.00 World Wrestling Federation – Superstars
Action from the World Wrestling Federation circuit. With Kevin Kelly.

6.00 Formula Three
Coverage of a Formula Three race.
6.30 World Motocross Championships
7.00 Tight Lines
DJ Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.
8.00 Golf: European Golf Skills Challenge
Action from the European Golf Skills Challenge. Eight of the European Tour's top players compete at Wentworth in a variety of events that test their putting, pitching and driving skills. There is a prize of £300,000 for the winner.

10.00-11.30pm Bobby Charlton's Football Scrapbook: Bryan Robson
Bobby Charlton and Dickie Davies talk to another Old Trafford legend, Bryan Robson, to discuss his career.



New Zealand skipper Stephen Fleming intends to keep Kent busy in the field. Sky Sports 1 11.00am, 1.45pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
News from Old Trafford.
6.15 Season Snapshots
6.30 Masterfan
7.00 Super Match – Vintage Reds
Classic action from the archives as Manchester United clash with an opponent.
8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
More classic action from a Premiership match taken from the Man U archives.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
Action continued.
10.30 Red Hot News
The latest developments from Old Trafford.
10.45 Super Match Shorts
11.00-12midnight An Audience with...
A United legend takes centre stage to answer questions from an audience of fans.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
The Crystals
A young woman with amnesia has a terrifying vision of her future.
4.00 The Incredible Hulk
Lottery
David Banner is the lucky winner of a lottery, but the Hulk destroys his winnings.
5.00 Sightings
Paranormal series. Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.
6.00 Robocop
The Human Factor
Robocop teams up with his unsuspecting father, a retired police captain, to stop an insane bomber.
7.00 The Six Million Dollar Man
The Ultimate Imposter
OSI scientists transfer vast amounts of computer data into the brain.
8.00 PSI Factor – Chronicles of the Paranormal
Harlequin
A beast that sucks the blood from goats.
9.00 Babylon 5
The Long Night
Sci-fi series. Sheridan schemes to lure the Shadows into open warfare with the Vorlons.
10.00 FILM: Psycho
Anthony Perkins, Janet Leigh, Vera Miles, John Gavin, Martin Balsam
Alfred Hitchcock horror. A woman steals $40,000 from her employer and plans to start a new life. Unfortunately her first stop is the Bates Motel, where she'll be lucky to get out alive. *1960*
12midnight Twin Peaks
Cooper and Truman exchange goodbyes. Starring Kyle MacLachlan.
1.00am FILM: Halloween II
Jamie Lee Curtis
Horror sequel. *1981*
2.45 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE KENT V NEW ZEALAND
SKY SPORTS 1 11.00AM, 1.45PM

With the second match in the Test series between England and New Zealand almost ready to start, it's time for the Kiwis to keep their squad members busy with a four-day County Challenge match against Kent. Captain Stephen Fleming, Roger Twose and Chris Cairns were among the successes for New Zealand in the recent World Cup and the tourists are currently a considerable threat to any Test country. Kent are captained by Matthew Fleming.

ITV2
ACCESS PACK

4.00pm Trisha
British talk show.
5.05 Club 2 1930: Man O Man
Chris Tarrant hosts the show where an all-female audience put male hopefuls through their paces.
5.45 Words With
Celebrities relate anecdotes based on the words or phrases written on cards that they are given.
6.05 Energize

6.30 Bedrock
Celebrity guests, music and a daily Battle of the Sexes.
7.30 Sport Zone: Beach Volleyball
8.00 New Jerry Springer
Outrageous US talk show.
8.45 Jerry Springer – The Man
The man himself is put under the spotlight.
9.15 New Jerry Springer
10.00 How to Survive a Springer Fight

10.10 New Jerry Springer
Talk-show in which the host, the studio audience and guests discuss sensitive issues.
11.00 Jerry and Judy
Footage of when Jerry Springer co-hosted with Judy Finnegan.
11.15 New Jerry Springer
12midnight Emmerdale
Tonight's episode from ITV.
12.30am-1.30am Late Zone: Bedrock

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Sex Fest 12.20 Northern Exposer 12.45 FILM: Jenna's Revenge 1.00 The Five Minute Free View 1.05 FILM continues 2.00 Vice World 2.25 FILM: Crows 3.40-4.00am Sherrie

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Thursday 15 July

Leslie Grantham plays a lovable rogue in 'The Paradise Club'. Carlton Select 10.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Mis-Match of the Day 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
Mis-Match of the Day
Celebrity football challenge.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama fromAmerica.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Ed Tudor-Pole hosts the programme with an eclectic collection of games and challenges, both mental and physical.
9.00
Stars in Their Eyes
Matthew Kelly is your host for the talent show.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air hosts the quiz, testing contestants on entertainment, sport, sex and food.
11.00
Celebrity TV Bloopers
The camera never lies, unfortunately for those who make their biggest mistakes in front of it.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Screenshop

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Kitchen College 10.00 Slice of Life 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm School Dinners 1.00 Coxon's Kitchen College 1.30 A Taste of England 2.00 An Umbrian Kitchen 2.30 Food Network Daily 3.00 Simply Fish 3.45 More Simply Antony *Chinese* 4.30-5.00pm **Newman Meets** Nanette Newman meets food writer Richard Whittington.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Recipe and Product Development
5.30 Get Smart
The Groovy Guru
6.00 I Spy
Vendetta
Kelly is put on trial by a vengeful family whose son was killed while serving under Kelly in Korea.
7.00 Boon
Thicker than Water
A big-wheel owner at a fairground manages to help Boon out in his latest case.
8.00 Goodnight Sweetheart
Wish Me Luck...
8.30 Slice of Life
Cavendish Hotel
The running of the kitchen.
9.00 St Elsewhere
Fade to White
The hospital reels after the shooting of a doctor. The police include Westphall among their suspects.
10.00
The Paradise Club
Unfrocked in Babylon
Drama series about two brothers who inherit a drinking den.
11.00
Hill Street Blues
Shooter
Furillo has to inform a dead patrolman's wife of the grim news.
12midnight-1.00am I Spy
Vendetta
Kelly is put on trial by a vengeful Italian family whose son was killed while serving under Kelly in Korea.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
Extinct
Troy and his family try to stop an evil poacher.
2.00 Ivory Orphans
An insight into the rehabilitation of three orphaned elephant calves.
3.00 Lions – Finding Freedom
The work of staff at a nature reserve as they work to introduce a group of lions back into the wild.
4.00 The Making of The Leopard Son
A look at the shooting of *The Leopard Son*, the tale of a leopard growing up in the Serengeti in Tanzania.
5.00 Wildlife SOS
A Canada goose is found tied up with fishing line.
5.30 Wildlife SOS
A vet nervously retrieves a snake from a dustbin.
6.00 Harry's Practice
The work of a vet in practice in Tasmania.
6.30 Harry's Practice
Dr Katrina Warren gives advice on the right pet.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
Vets help those who cannot help themselves.
8.00 Judge Wapner's Animal Court
A plaintiff claims to have been bitten by a dog.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
A cocker spaniel has a blockage in his intestines.
9.30 Emergency Vets
Two stubborn dogs prove difficult to treat.
10.00
Emergency Vets
A cat has leukaemia.
10.30
Emergency Vets
Stories from Denver.
11.00-12midnight
Untamed Africa
The Son of Jumbe
Liaram the cheetah is attacked by a lioness and left to die.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Family Values 8.30 Killing for a Living 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Face of Tutankhamun 12noon Lion Country 12.30pm Animal Hospital on the Hoof 1.00 The Kon-Tiki Man 1.30 Tomorrow's World Plus 2.30 A Knife to the Heart
The Great Organ Hunt
The methods used to meet the demand for organs.

3.30 Burgled
The programme goes onto the streets of Gateshead to investigate burglary – from the effect on victims to the burglars' methods.
4.30 Esther
Shoplifting
Studio discussion.
5.00 Lion Country
The zoo inspectors arrive at Longleat. Hans, the baby wallaby, is ill so has to visit the vet.
5.30 Skyraider
6.00 Romer's Egypt
John Romer continues his historical pilgrimage through the legendary land of the pharaohs.

7.00 Overkill
Experts recount the events of 1983, when human remains found in a peat bog provoked an Iron Age murder mystery.
8.00 Animal Hospital on the Hoof
8.30 Vets in Practice
The graduates each face up to different challenges.

9.00
The Great Pyramid
Gateway to the Stars
New-found links between the pyramids of Egypt and astronomical data.
10.00 The Clampers
10.30 War and Piste
11.00 Top Gear GTi
Testing the latest models and casting an eye over motoring news.
12midnight-1.00am DEA
Agent Phil Demicco tails the boss of a New York cell in the Columbian Cali cartel – an organisation that has an estimated 80 per cent share of the city's cocaine market.

UK PLAY:
1.00am Fast Show 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Health Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Gorgeous Gardens 10.00 Intimate Portrait 11.00 Julia Carling's Style Guide 11.30 Body Check 12noon The Montel Williams Show 1.00pm Food Livetime 2.00 The View

3.00 Food Livetime
Culinary and dietary advice, tasty tips, dazzling recipes and cookery demonstrations from a panel of top chefs.
4.00 The Montel Williams Show
Jeannie White – Mom of Ryan
The award-winning US chat show.
5.00 Julia Carling's Style Guide
5.30-6.00pm
Body Check
Weekly magazine.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Bears Under Siege
How game wardens and other wildlife officials thwart illegal bear hunting by going undercover.
8.00 Ancient Graves
From the Iceman found in the Alps to Peruvian burials on mountain tops, ancient humans are being found in greater numbers.
9.00 Miracle at Sea
The story of Tony Bullimore, who survived for five days under a capsized boat in the freezing waters of the Southern Ocean.
10.00
Extreme Earth: The Gift of the Monsoon
The effects of the monsoon on the village of Purrukad in Kerala.
11.00
The Invisible World
With the help of special photographic equipment, this film offers a look at realms beyond man's sight.
12midnight
Where Roots Endure
Join residents of the Sea Islands, off the East coast of the US, as they celebrate an African heritage.
12.30am-1.00am
Inherit the Sand
A look at cave paintings.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05
Special: Girls of the Internet
11.15-12midnight Real Couples
12midnight Freeview
12.10am Adult feature
12.35 Our First Time
1.00 Girls Who Like Girls
1.50 Anything to Declare
2.20 FILM: Cry Baby
Kaylan Nicole, Serenity
3.50-4.00am Strip: Karen

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
7.00 Michael Jackson – His Story in Music
All the information you will need to know on his long-spanning career.
10.00 Bytesize MTV – Michael Jackson Special
11.00 brand:new
12noon Mad 4 Hits
2.00pm All Time Top 10 Michael Jackson Videos
3.00 Bytesize MTV
4.00 Select MTV
6.00 Bytesize MTV - Michael Jackson Special
7.00 brand:new
With Zane Lowe.
8.00 European Top 20 Countdown
9.30 All about Michael Jackson
A half-hour packed with facts, trivia and footage of the world's most intriguing and reclusive pop stars.
10.00 The Late Lick
10.30 UK Singled Out
11.00 All Time Top 10 Michael Jackson Videos
12midnight Michael Jackson – His Story in Music
3.00am-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Suggs 1.00pm Greatest Hits of... Madness 1.30 Pop-Up Video 2.00 Jukebox 4.30 VH1 to One: Madness NEW 5.00 VH1 Live 6.00 The Clare Grogan Show 7.00 VH1 Hits 9.00 Ten of the Best: Madness NEW 10.00 Madness Special NEW 12midnight VH1 Flipside 1.00am-6.00am VH1 Spice

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Rough Guide to the World's Islands 11.00 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Antonio Carluccio's Italian Feast 2.00 Style Street 2.30 Lost Gardens of Heligan 3.00 Gardeners' World 3.30 Voyage 4.30 a la Mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Ainsley 9.30 Good Living 10.00 Home Front 10.30 Moving People 11.00 Ground Force 11.30 Gardening Neighbours 12midnight Geoff Hamilton – A Man and His Garden 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Thursday 15 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Joy of Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.20 Home and Leisure House 11.30 Rex Hunt 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Rex continues his fishing adventures.
4.30 Walker's World
Morocco
5.00 Flightline
Series looking at different types of aircraft.
5.30 Ancient Warriors
The Macedonians
6.00 Zoo Story
The exciting stories from London Zoo.
6.30 Australian Deserts – An Unnatural Dilemma
An insight into the delicate ecological balance of Australia's deserts.
7.30 Great Escapes
Seaside Terror
Revisit a bomb sight.
8.00 Zambezi Shark
A closer look at the bull shark which lurks in the shallow murky waters along the shores of South Africa.
9.00 Shipwreck
An exploration into the mystery of the most famous shipwreck on the Great Lakes, on the anniversary of its sinking.
10.00 Forbidden Places
Death
A study of death as experienced by people who work with the terminally ill.
11.00 Skyscraper at Sea
An inside look at the construction of the Troll gas platform – the largest structure of its kind.
12midnight The Guillotine
The gruesome history of the lethal blade that symbolised the French Revolution.
1.00am Flightline
Includes a look at the biplane that can take off from land and sea.
1.30-2.00am Ancient Warriors

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 Scooby-Doo 10.00 Tidings 10.15 Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 Mask

3.00 Flying Rhino Junior High
Animated action.
3.30 Scooby-Doo
Comedy with the cowardly canine.
4.00 The Sylvester and Tweety Mysteries
4.30 Dexter's Laboratory
Chemical chaos.
5.00 I Am Weasel
Furry fun.
5.30 Cow and Chicken
Cartoon comedy with the mismatched siblings.
6.00 Animaniacs
Another dose of animated action.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Tom and Jerry
Cat and mouse chases in this classic cartoon.
7.30 Looney Tunes
Crazy comedy antics in this animation.
8.00 Cartoon Cartoons
Double dose of fun.
8.30-9.00pm Space Ghost Coast to Coast

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GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/ Ivor 2.30 Children's BBC Includes the *Teletubbies*.

3.30 Brothers Flub
Animated antics.
4.00 Angry Beavers
Madcap antics with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative toddlers.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina The Teenage Witch
6.30-7.00pm The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Joey's Choice
Tia and Tamera fall out.
7.30 Jenny
8.00 Desmond's
Comedy based in a Peckham barber shop.
8.30 Mad About You
Token Friend
Paul meets an old friend.
9.00 Ellen
The Sleep Clinic
Ellen can't decide about her relationship with Adam.
9.30 Spin City
Grand Illusion
10.00 Frasier
Party Party
Frasier needs to be in three places at once.
10.30 Cheers
One for the Road
11.00 Cheers
One For The Road
Third part of this comedy storyline.
11.30 Whose Line is it Anyway?
12midnight Roseanne
Comedy series.
12.30pm Cosby
1.00am The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.30 Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 The Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm The Spy Dogs 12.30 Donkey Kong Country 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Join Wolverine and the gang as they fight evil.
3.30 Fox Kids X-Press
3.35 Spiderman
4.00 Hero Turtles: The Next Mutation
The newest mutation of the turtles return.
4.30 Eerie Indiana: The Other Dimension
5.00 Dennis and Gnasher
Dennis and Gnasher take on the enemy – adults.
5.30 Ace Ventura
Animated adventures.
6.00 Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round up of the best-sellers on Shop!
7.00 Bargain Shop!
Shopping on a budget.
7.30 The Gold Collection
A range of Victorian style jewellery.
8.30 Travel Bag
Holiday essentials at affordable prices.
9.30 The Gift Store
Gift ideas.
10.00 The Early Years
A range designed for mothers with toddlers.
11.00 In the Kitchen with Susan Brookes
Susan presents her seasonal recipes.
12noon Household Solutions
Time and energy-saving ideas for the house.
1.00pm Bargain Shop!
1.30 Shop! Selection
2.30 Shop! Feature
A collection of finely detailed model cars.
3.00 Dress for Less
4.00 Diamanté Designs
5.00 Shop! Selection
6.00 In the Kitchen with Susan Brookes
7.00-8.00pm The Early Years
For mothers with toddlers.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.00 News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Travel 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.00 News 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.30 Global Village 5.00 News 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et Le Journal 7.00 Journal de Radio Canada 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag 9.00 Journal 9.15 Quatre et Demie 10.15 Splendeurs Naturelles 11.00 Infos 11.05 Voilà Paris 11.30 Journal France 12noon Infos 12.05pm Autour du Tour F3 1.00 Journal 1.15 Canadienne Jasmine 2.15 Splendeurs Naturelles 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Canadienne Jasmine 6.15 Les Splendeurs Naturelles d'Europe 7.00 Journal Suisse 7.30 Journal de France 2 et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour F2 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Antoine Rives L'Affaire Akban 11.00 Journal Télévisé Belge 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30 DD News 7.45 Sabah Aaj Tak 8.30 Akhir Kyon 9.00 Movie 11.30 News 12noon Balcony 12.30pm Daawat 1.00 Badalte Rishte 1.30 FILM 4.00 Jyoti 4.30 Nashaib 5.00 Paristar 6.00 Dekh Bhai Dekh 6.30 Mumkin 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 11.30 News 12midnight Badalte Rishte 1.00am FILM 4.00 Galatnaama 4.30 Balcony 5.00 Kashkol 6.00 Holy Quran 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Jaagran 7.00 Faith: Sai Baba 7.30 News 8.00 Karobari Duniya 8.30 Tara-2 9.00 Zanjeeren 9.30 Zee Health Show 10.00 Deewanagi 11.00 Pot Luck 11.30 Parampara 12noon FILM 3.00pm Baat Ban Jaye 3.30 Public Demand 4.00 Filmi Chakkar 4.30 Antakshari 5.30 Hasratein 6.00 Banegi Apni Baat 7.00 Chota Muh Aur Badi Baat 7.30 Mama Miya 8.00 News 8.30 Chahat Aur Nafrat 9.00 Raahein 9.30 Cross Fire 10.00 Pakistan News Link 10.30 X-Zone 11.30 Teacher 12midnight News 12.30am Shot Gun Show 1.00 Mast Must Show 1.30 Parivartan-2 2.00 FILM Gundagardi 5.00 V3 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Light and Life 5.30 Abundant Life Today 6.00 Word of Life 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe 8.30 Potters House 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Fund Manager's Corner 4.49am Technology Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Samurai!
12.55pm Photos for the Future
1.00 Tales of the Gun
Wild Frontiers
2.00 Biography
Bonnie Prince Charlie
3.00 World War I
D-Day at Gallipoli
3.30 Men in Crisis
Mitchell vs Military Tradition
4.00 Hitler to Stalin
5.00 Weapons at War
Armoured Attack
6.00 The Knights Templar
6.55 Photos for the Future
7.00 Tales of the Gun
Next Generation
Look back at how the assault rifle was born.
8.00 Biography
Lucrezia Borgia
A look at this dramatic life.
9.00 World War I
America the Neutral
9.30-10.00pm Men in Crisis
Darrow Vs Bryan

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is In the Salon with Alison at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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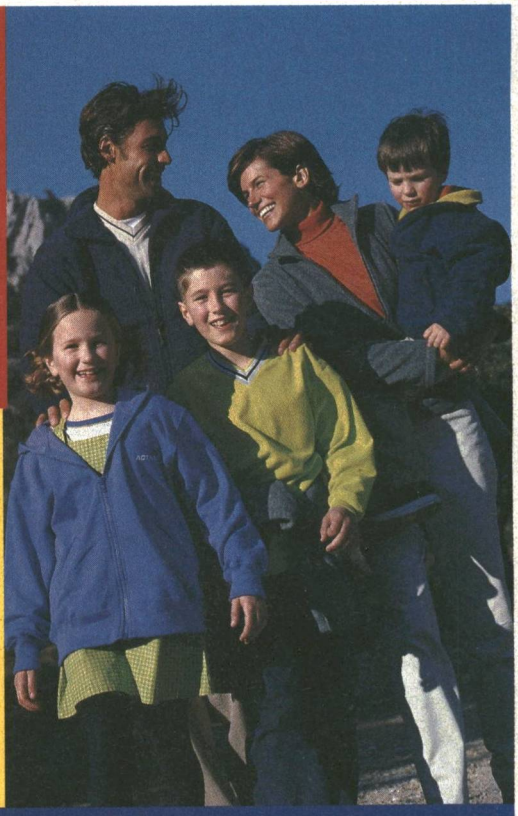

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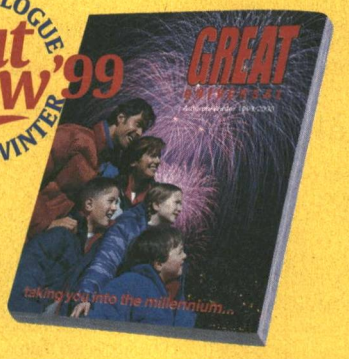

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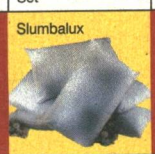
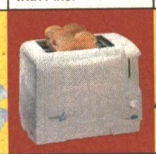
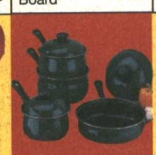
			Slumbalux				
Steam Iron **CE**	20 Pce Dinner Set **CG**	Jug Kettle with Filter **CU**	Double Quilt **CQ**	Vidal Sassoon Hairdryer **CA**			
	Slumbalux 						
Mellerware Coffee Maker **CR**	Pack of 6 Pillows **CB**	Goolwall Toaster **CC**	Knife Block & Board **KZ**	24 Pce Cutlery Set **DT**			
		Dirt Devil		E. K. S.			
3 Pce Navy Luggage Set **K3**	Rechargeable Toothbrush **K9**	Rechargable Vac **CD**	4 Pce Non Stick Pan Set **CF**	Digital Bathroom Scales **CM**			

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Friday 16 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am Just Like Dad
1995, rating Sky PG, 97 mins
8.00 Treehouse Hostage
1998, rating Sky PG, 87 mins
10.00 Seven Years in Tibet
1997, rating Sky PG, 130 mins
12.15pm The Pirate Movie
Kristy McNichol, Christopher Atkins
Musical comedy.
1982, rating Sky PG, DS, 95 mins
2.00 Just Like Dad
Wallace Shawn, Ben Diskin, Nick Cassevetes, Laura Innes
Comedy drama about a young boy who, embarrassed by his dull father, invents a more exciting stand-in to boost his popularity.
1995, rating Sky PG, 97 mins

4.00
Sabrina Goes to Rome
Melissa Joan Hart, Eddie Mills, Tara Charendoff, James Fields
Family adventure based on the TV series *Sabrina, the Teenage Witch*. Sabrina travels to the Eternal City, trying to discover the key to a mystery surrounding a family heirloom.
1998, rating Sky U, 83 mins

6.00 Treehouse Hostage
Jim Varney, Joey Zimmerman, Todd Bosley
Family adventure about three boys who catch an escaped convict and hold him hostage in their treehouse so that they can use him for a school project. However, when they discover what their captive has done, the boys face trouble of their own.
1998, rating Sky PG, 87 mins

8.00 Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong
Lavish spectacle based on the true story of an Austrian mountain-climber who travels to the hauntingly beautiful and utterly alien civilisation of Forties Tibet. There he forms a friendship with the previously isolated 14-year-old Dalai Lama.
1997, rating Sky PG, 130 mins

10.15 The Devil's Own
Harrison Ford, Brad Pitt, Margaret Colin
Thriller about a New York City police officer who takes in an Irish houseguest, unaware that the young man is a terrorist who has been smuggled out of Belfast and has arrived in the Big Apple with a new identity and a mission to buy missiles. Text
1997, rating Sky 18, 107 mins

NIGHT TIME

12.10am Sweet Nothing
Michael Imperioli, Mira Sorvino
Drug addiction drama.
1994, rating Sky 18, 85 mins
1.40 Awakenings
Robin Williams, Robert De Niro
Touching drama.
1990, rating Sky 15, DS, 116 mins
3.40-5.20am Esther
1999, rating Sky 12, 87 mins

SKY MOVIEMAX
PREMIUM CHANNEL

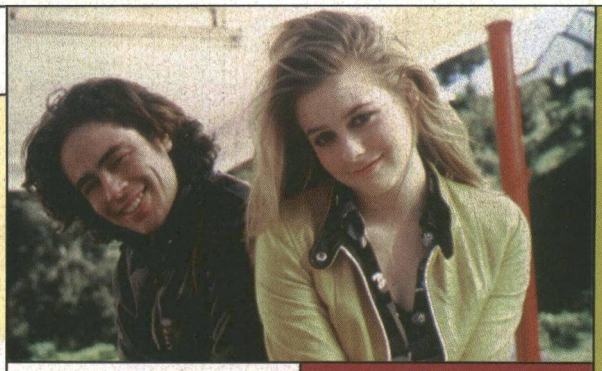
7.10am Heart Full of Rain
1997, rating Sky PG, 87 mins
9.00 Danielle Steel's Palomino
Lindsay Frost, Lee Horsley
1991, rating Sky PG, 91 mins
11.00 Love Is Strange
1998, rating Sky PG, 88 mins
1.00pm Chasing Secrets
Della Reese, Ossie Davis, Crystal Bernard, Madeline Zima
Drama.
1998, rating Sky PG, 90 mins

3.00 Heart Full of Rain
Rick Schroder, Richard Crenna, Carroll Baker, Kim Dickens
Drama about a prodigal son who returns to the family farm after a six year absence. But as the family home is threatened by flood waters and everyone has to pull together, can they finally find it in their hearts to forgive their errant son?
1997, rating Sky PG, 87 mins

5.00 Danielle Steel's Palomino
Lindsay Frost, Lee Horsley, Eva Marie Saint, Rod Taylor
Romantic drama. A successful photographer is not as lucky in love as she is in her career. However when she is left paralysed by a riding accident she discovers that true love is found in the strangest of places.
1991, rating Sky PG, 91 mins

7.00 p:review
A look ahead to the upcoming week's movies on Sky.
7.30 UK Top Ten
Rundown of the biggest grossing films in the UK.

8.00
Action Heroes: Val Kilmer
Profile of the hot-tempered actor.
8.30 Movie Magic: Hollywood Goes to Hell
A look at the darker side of films.
9.00 Excess Baggage
Alicia Silverstone, Benicio Del Toro, Christopher Walken
PREMIERE Quirky comedy in which a neglected teenage heiress attempts to fake her own kidnapping, but her plans go awry when she is driven away by a laconic car thief. Text
1997, rating Sky 12, 97 mins
10.40 Switchback
Dennis Quaid, Danny Glover, R Lee Ermery
Thriller situated around four vastly different characters who are all connected to each other by murder. Text
1997, rating Sky 15, 113 mins
12.40am National Lampoon's The Don's Analyst
1997, rating Sky 15, 100 mins
2.25 The Tie that Binds
1995, rating Sky 18, 94 mins
4.05 Blood Diner
1987, rating Sky 18, 80 mins
5.30-7.00am Chasing Secrets
1998, rating Sky PG, 90 mins



Benicio Del Toro and Alicia Silverstone hit the road in 'Excess Baggage'. Sky MovieMax 9.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Deep Six
Alan Ladd, William Bendix, Efrem Zimbalist Jr
War drama about a Quaker who is reluctantly drafted into the navy. Despite his non-aggressive nature he manages to earn the respect of his fellow sailors after he proves his worth in combat when he leads a dangerous shore mission.
1958, rating Sky PG, 103 mins
6.00 Return of the Frontiersman
Gordon MacRae, Julie London, Fred Clark, Rory Calhoun, Raymond Bond, Matt McHugh, Edwin Rand
Western about a convicted man, the son of a sherrif, who breaks out of jail to prove that he is innocent of the crime for which he has been imprisoned.
1950, rating Sky PG, 71 mins
8.00
The Battle of the Bulge
Henry Fonda, Robert Ryan, Pier Angeli, Robert Shaw
Dramatisation of the battle in the Ardennes towards the end of World War II, which was to become one of the most dramatic events in the war. A US general is convinced that the Germans are planning a counter-offensive, but before he can mobilise his troops he has to convince his superiors.
1965, rating Sky PG, 142 mins
10.30 The Boost
James Woods, Sean Young
Drama about a salesman whose addiction to cocaine leads him into bankruptcy and turns his life into a living hell. Only his girlfriend is willing to stand by him through his personal nightmare.
1987, rating Sky 18, 91 mins
12.05am The Deep Six
Alan Ladd, William Bendix
Drama about a Quaker at war.
1958, rating Sky PG, 103 mins
1.50
Long Day's Journey Into Night
1962, rating Sky PG, 163 mins
4.40-5.40am
The Earth Dies Screaming
1964, rating Sky PG, 60 mins

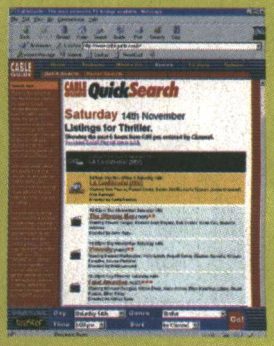
MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm WCW Nitro on TNT
Thrills and spills from the ring with the latest WCW wrestling action from the US.

11.35 WCW Thunder
Thrills and spills from the ring with the latest WCW wrestling action from the US.
1.15am Mister Buddwing
James Garner, Angela Lansbury
Drama about a man with amnesia who tries to piece together his identity by visiting women who he may have known. *1966, 95 mins*
3.00-5.45am Night Must Fall
Susan Hampshire, Albert Finney
Thriller about a conniving axe murderer. *1964, 98 mins*



WANT TO KNOW WHICH HARRISON FORD FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Films
Kick off your weekend with a two-hour showcase of the very best in short films from around the world. Including work on standard shorts, commercials and music promos, the programme also features interviews with up-and-coming film-makers and provides an insight into the much maligned world of short films.
8.00 Edward Scissorhands
Johnny Depp, Vincent Price, Dianne Wiest, Winona Ryder
Fairy-tale fantasy. Edward is a young man who was created but left incomplete by an inventor and left with shears where his hands should be. He faces first fame then fury when he goes to live in the suburbs with a woman and her family. *1990, 100 mins*
9.45 Flight of the Swan
10.00 A Life Less Ordinary
Ewan McGregor, Cameron Diaz, Delroy Lindo, Holly Hunter
Romantic comedy thriller. When a menial worker finds his life falling apart he decides to kidnap his ex-boss's daughter. However she has her own agenda and he is soon out of his depth, even with the help of two angels trying to ensure that he falls in love with his prisoner. *1997, 99 mins*
12midnight Bullet in the Head
Tony Leung, Waise Lee
Action thriller. *1990, 125 mins*
2.10
Sunday Outing: Parting Glances
Richard Ganoung, John Bolger
Gay drama. *1986, 87 mins*
3.40 Memoirs of an Invisible Man
Comedy. *1992, 95 mins*
5.10-6.00am Kill the Day

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a big green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, rating Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The earth is dying and one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt.
1997, rating Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. An everyman museum guard is driven to taking his boss hostage in order to get his attention. A desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, rating Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Mom, Your Affair Ruined Our Family
3.00 Jenny Jones
That Former Geek Was Hot, Jenny, Give Me a Shot Viewers ask Jenny to introduce them to a good-looking guest from a previous show.
4.00 Guilty!
Carole Malone invites the audience jury to pass sentence on crimes and misdemeanours committed by friends, lovers, families and colleagues.
5.00 Star Trek: Deep Space Nine
Shattered Mirror
Sisko follows his son into a war-torn alternate universe after Jake is lured there.
6.00 Dream Team
6.30 Friends
The One with the Tiny T-Shirt
Ross is upset when Rachel returns his belongings and goes on a date with Mark. Text
7.00 The Simpsons
Lisa the Sceptic
Lisa finds the fossilised remains of an angel. Text
7.30 The Simpsons
Bart After Dark Text
8.00 Buffy the Vampire Slayer
Bewitched, Bothered and Bewildered
Xander turns to a witch for help after Cordelia dumps him. Text
9.00 Feature
10.00 Cops
Arizona
Officers set up a sting operation designed to catch bicycle thieves.
10.30 Cops
Las Vegas
11.00 Friends
The One with the Tiny T-Shirt
Ross is upset when Rachel returns his belongings Text
11.30 Star Trek: Deep Space Nine
Shattered Mirror
Sisko follows his son into a war-torn alternate universe.
12.30am The Chris Evans Breakfast Show
1.30 Law and Order
Censure
The ex-lover of Kincaid is in trouble
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas 2.55 The Bill
Death of a Ladies' Man
3.25 The Bill
Out of the Mouths
More police drama from the mean streets of Sun Hill.
3.55 EastEnders
Catch up with all the gossip from Albert Square.
4.30 Neighbours
Julie tries to find Philip a new job and Phoebe gets support from an unexpected source.
5.00 Dynasty
The Subpoenas
The entire Carrington clan is locked in a vicious court battle following Ben's return to Denver to contest the will.
6.00 Dangerfield
Inappropriate Adults
Dangerfield is called out to examine the suspicious death of a child in a remote farmhouse and has to find the true killer.
7.00 Last of the Summer Wine
Isometrics and After
Long-running sitcom.
7.40 Dad's Army
War Dance
Captain Mainwaring decides to hold a morale-boosting dance.
8.20 The Brittas Empire
The Trial
Gordon Brittas finds himself in court, accused of murder.
9.00 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
9.40 Red Dwarf
Balance of Power
Lister wants to go on a date – with a dead console officer.
10.20 Crime Traveller
Fashion Shoot
When a top fashion designer begins receiving death threats, Slade and Holly go undercover to find a mystery gunman.
11.25 The Bill
Death of a Ladies' Man
A wife reports her philandering husband as missing.
11.55 The Bill
12.25-2.30am Dr Who Omnibus
Sensorites
Another edition of this cult science fiction series revolving around the time-travelling doctor. The Tardis lands on a gigantic spaceship from 28th-century Earth, which is under the control of the Sensorites – a race of beings identical to humans.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Entertainment Now 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Upbeat and humorous magazine programme, featuring fashion, beauty and celebrities.
3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.
4.30 Home and Away
Catch up with all the latest news and gossip from the residents of Summer Bay.
5.00 Change of Heart
New lovers are offered the chance for a dream date.
5.30 The Dating Game
Dating show in which guests pick either looks or personality.
6.00 The Jerry Springer Show
Outrageous American talk show featuring lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40 The Jerry Springer Show
Outrageous American talk show featuring lively discussion about relationship issues.
8.30 FILM: For the Love of My Child
Priscilla Lopez, Tony Perez
True-life drama. When a teenage girl is diagnosed as having leukemia her parents contemplate conceiving another child in the hope that its bone marrow will be suitable for donorship, but their decision leads to the family being placed in the full glare of media controversy. *1993*
10.30 Sextasy!
Raunchy discussion show which looks at all aspects of erotica. Hosted by Katrina Buchanan.
11.30-12midnight Passion
More steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral
3.00 Cagney and Lacey
Recreational Use
Cagney and Lacey team up with Dory McKenna in an investigation of a group of senior citizens terrorised by their landlord.
4.00 Minder
The Dessert Song
Terry goes to help a young Cypriot being attacked in the street and becomes involved in a dispute over a restaurant's ownership.
5.00 Charlie's Angels
Mother Angel
The Angels take on the role of babysitters when the niece of a former client claims to have witnessed a murder.
6.00 Emmerdale
Sarah decides Jack needs to be taught a thing or two.
6.30 Classic Coronation Street
Mavis has a decision to make.
7.00 Rising Damp
Charisma
Rigsby makes a mess on his attempts to woo Ruth.
7.30 The Two of Us
Cracks in the Pavement
8.00 Minder
The Dessert Song
Terry goes to help a young Cypriot being attacked in the street and becomes involved in a dispute over a restaurant's ownership.
9.00 Cagney and Lacey
Recreational Use
American police drama.
10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Talking Dirty
Fly-on-the-wall documentary.
11.20 Sunny Hotspots and Girls
11.50 Lady Lust's Lovelies
12midnight Lady Lust's Football Feva
Lady Lust and her team of girls take us through the world of football.
1.00am Real Sex
Including a nude photography feature in New York.
1.30-2.00am A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Gummi Bears 6.30 Jungle Cubs 7.00 Aladdin 7.30 101 Dalmatians 8.00 Goof Troop 8.30 Timon and Pumbaa 8.45 Winnie the Pooh 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: The Three Caballeros
3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Innovative art show that aims to make art fun. Text
4.00 101 Dalmatians
Canine capers. Text
4.25 Disney Channel Kids' Awards: Update
4.30 Hercules: The TV Show
5.00 Recess
Playground animation. Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Bottoms Up Text
6.00 Smart Guy
My Two Dads Text
6.25 Disney Channel Kids' Awards: Update
6.30 Boy Meets World
Raging Cory Text
7.00 FILM: Bedknobs and Broomsticks
Angela Lansbury, David Tomlinson, Roddy McDowall, Sam Jaffe, Bruce Forsyth
Fantastical musical adventure. A prim and proper English witch joins forces with a phoney magician and three Cockney urchins to help save war-torn Britain from the Nazi invaders. The humans are joined by a host of cartoon characters, who help save the day. *1971* Text
9.15 Honey, I Shrunk the Kids: TV Show
Honey, You're So Transparent
Amy becomes invisible. Text
10.00 Home Improvement Text
11.00 Touched by an Angel Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Excess Baggage
Sky MovieMax 9.00pm
An offbeat road movie that was a pet project for co-producer-star Alicia Silverstone, this premiere boasts a quirky charm all its own. Tackling a rather unsympathetic part, Silverstone plays an attention-seeking rich kid who fakes her own kidnapping.

GENERAL
Tommy Cooper
Granada Plus 10.00pm
His jokes may have been bad and his magic tricks even worse, but there's no denying that Tommy Cooper's mastery of comic timing was second to none. Watch this show (on every weekday) for his special brand of sweet, gentle comedy that made him one of a kind.

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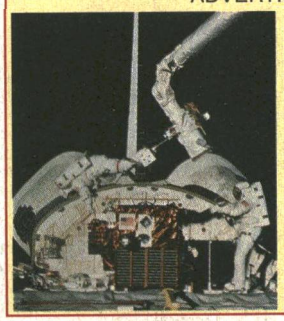


ONE SMALL STEP: MAN ON THE MOON FROM 7.00PM
UK Horizons is marking the 30th anniversary of the first lunar landing by showing over the next week, as live, parts of the NASA broadcasts of key events in the Apollo 11 mission. Peter Snow and experts will provide expert commentary.

Friday 16 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Golf
8.30 Cycling
10.15 Racing Line
11.15 Rally
11.30 Motorcycling – LIVE
12noon Motorcycling – LIVE
1.00pm Motorcycling – LIVE
Coverage of the German Grand Prix in Sachsenring.
2.00 Cycling – LIVE
Action from the twelfth stage of the Tour de France from Saint-Galmier to Saint-Flour.

3.00 PM

4.00 PM
4.30 Cycling
Highlights of today's stage of the Tour de France.

5.00 PM
5.30 Motorcycling
Coverage of the qualifying sessions of the German Grand Prix in Sachsenring.

6.00 PM

7.00 PM
7.00 Athletics – LIVE
Live coverage of the EAA International meeting in Salamanca, Spain.

8.00 PM
8.00 Cycling
Highlights from today's stage of the Tour de France from Saint-Galmire to Saint-Flour.

9.00 PM

10.00 PM
10.00 Rally
Coverage of the FIA World Rally Championship race in New Zealand
10.15 Motorcycling
Highlights of today's practice session of the German Grand Prix in Sachsenring.
11.15 Motorcycling
Action from this year's Isle of Man TT Races.

11.00 PM

12.00 NIGHT TIME
12.15am-12.30am Rally
Action from the FIA World Rally Championship in New Zealand.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Superstars
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Trans World Sport
10.30 Futbol Mundial
11.00 Cricket: County Challenge – Kent v New Zealand – LIVE
1.15pm Second Innings
1.45 Cricket: County Challenge – Kent v New Zealand – LIVE
Live ball-by-ball coverage from the second session of the County Challenge match between Kent and New Zealand at Canterbury, as the tourists continue their busy summer schedule.

6.00
Sky Sports Centre
6.30 Gillette World Sport Special
David Jensen presents the sports round-up.
7.00
Super League – LIVE
Eddie Hemmings and Mike Stephenson present live action from another tough-tackling encounter in the JJB Sports Super League.

9.30
Sky Sports Centre
Catch up with all the very latest sporting events as and when they happen.
10.00 WWF – Raw
Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. With classic matches and celebrity guests such as Iron Mike Tyson, this show is unmissable.

12midnight
Sky Sports Centre
12.30am Gillette World Sport Special
1.00 WWF – Raw
3.00 Sky Sports Centre
3.30 Golf: European Golf Skills Challenge
5.30-6.00am Moto-Plus

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Rebel Sports
8.45 Sky Sports Centre
9.00 Tight Lines
10.00 Sports Unlimited
11.00 Speedway: Elite Speedway League – Peterborough v Wolves
1.30pm Futbol Mundial
2.00 Formula Three
2.30 Tight Lines

3.30
Trans World Sport
Bringing the latest, ground-breaking sports stories from across the world, with some humour thrown in.
4.30 Futbol Mundial
Comprehensive review of all the action from across the world of football.
5.00 Extreme Sailing
Sailing news round-up.
5.30 Gaelic Games
A look at the fast-paced, passionate world of Gaelic sports.

6.00 MotoPlus
Motoring mayhem from the fast lane.
6.30 The Winning Post: Newmarket/ Pontefract – LIVE
Jeff Stelling introduces the evening's live horse racing action with the runners and riders from Newmarket and Pontefract.

8.30
Trans World Sport
Join the Trans World Sport team on their hour-long foray into sports news, tournaments and competitions across the globe from the past week.
9.30 Moto-Plus
Motoring mayhem from the fast lane.
10.00
Extreme Sailing
Breathtaking sailing action from around the world.
10.30 Gaelic Games
The latest action from Ireland's traditional sports.
11.30 Golf: European Golf Skills Challenge
Eight of Europe's top players compete in the Golf Skills Challenge at Wentworth.
1.30am Super League
2.30 Sky Sports Centre
3.00 Moto-Plus
3.30 Extreme Sailing
4.00 Watersports World
5.00 Gillette World Sport Special 5.30-6.00am Sky Sports Centre

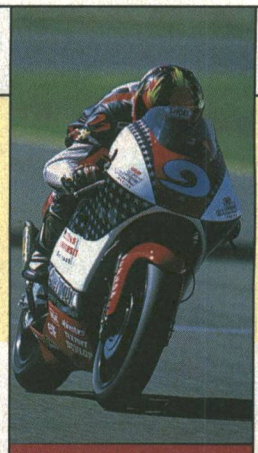
SKY SPORTS 3
PREMIUM CHANNEL

12noon Trans World Sport
1.00pm Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.
2.00
Bobby Charlton's Football Scrapbook: Bryan Robson
Bobby Charlton and Dickie Davies sit down with Old Trafford legend, Bryan Robson, to discuss the career of 'Captain Marvel'.

3.30 Speedway: Elite Speedway League
Two more teams fight it out in another action-packed night of live top-class cinder track racing as the Elite Speedway League season reaches a crescendo.

6.00 Table Tennis: Brazilian Open
Action from the Brazilian Open, as the latest leg of the ITTF Tour hits the city of Rio De Janeiro.
7.00 Max Power
Featuring material from around the world, including both two and four wheel motorsport and in-depth special features.
8.00 Golf: European Golf Skills Challenge
Eight of Europe's top players compete in the $300,000 Golf Skills Challenge at Wentworth's historic 18th hole.

10.00 Inside the Senior PGA Tour
A look behind the scenes of the Senior PGA Tour.
10.30 Gillette World Sport Special
11.00-12midnight Super League
Eddie Hemmings and Mike Stephenson present action from the latest match in the JJB Super League.



Great Britain's Jeremy McWilliams goes for glory in the German Grand Prix. Eurosport 11.30am – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Reds on the Green
7.00 The Friday Supplement
Journalists and football pundits discuss all matters United, and comment on the latest news.
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match
Relive the action from one of United's classic contests of the past.
9.30 Red Hot Update
Catch up with all the latest news from Old Trafford.
9.35 Super Match Continues
Tonight's action continues.
10.30 Red Hot News
Catch up with all the latest news from Old Trafford.
10.45
SuperMatch Shorts
11.00 Red Legends
Household names from the past track down their former team-mates.
11.30-12midnight Fan File

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre
12noon The Twilight Zone
1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Hand of God
The crew decides to take on a Cylon base star in a fight to the death.
4.00
The Incredible Hulk
Psychic
A meeting with Banner triggers Annie Caplan's vision of him as the Hulk.
5.00 Sightings
Extraordinary real-life stories of the paranormal which involve luck, superstition, UFOs or near-death experiences.
6.00 The Ray Bradbury Theatre
On the Orient, North
6.30
New Alfred Hitchcock
Road Hog
7.00 The Six Million Dollar Man
Danny's Inferno
Steve Austin is called in to protect a boy genius from would-be kidnappers.
8.00
A Century of Sci-fi
End of the World
8.30 The Crow: Stairway to Heaven
Double Take
Draven tracks down a young woman who has assumed Shelly's identity.
9.30 Perversions of Science
Panic
10.00
FILM: Scanner Force
Liliana Komorowska, Steve Parrish
Helena Monet unleashes her deadly mental scanner powers on a deadly trail of murder and destruction, in her quest for world domination. Her brother has the power to stop her. *1992*
12midnight
FILM: Time Stranger
Animation. A group of friends dedicated to the eradication of evil are re-united.
1.45am Sci-Focus Special
2.00 Cybernet
2.30 100 Years of Horror
3.00-4.00am Dark Shadows

LIVE
GERMAN GRAND PRIX
EUROSPORT 11.30AM

It's qualifying practice day for the German Grand Prix in Sachsenring on a circuit which has a history of more than 70 years of racing and is one of the most famous in Germany. For this ninth round of the World Championship, all the big names in the 125cc, 250cc and 500cc races will be on view. Last year Mick Doohan came in ahead of Max Biaggi and Alex Criville. While in the 250cc event, Great Britain's Jeremy McWilliams came in second to Tetsuya Harada of Japan.

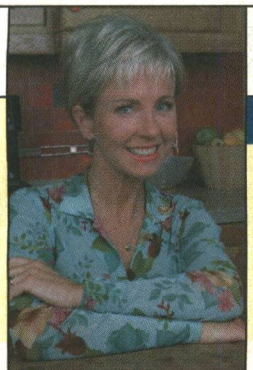
ITV2
ACCESS PACK

4.00pm Trisha
5.05 Gladiators
Muscle-bashing challenges between super-fit members of the public and the legendary Gladiators.
6.00 Pump it Up
Contenders tackle the toughest inflatable assault course imaginanable.
6.30 Bedrock
An hour of fun with celebrity guests and music.
7.30 Sport Zone: NBA Jam
8.00 Peak Performance
A look at the techniques of top sports coaches.
8.30 Futbol Mundial
9.00 New Jerry Springer
Outrageous American talk show with Jerry Springer.
9.45 Words With
Celebrities relate anecdotes based on the words or phrases written on cards they are given, and bring in their three favourite things.
10.00 Bad Girls
11.00 Coronation Street
11.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams and a daily Battle of the Sexes.
12.30am Futbol Mundial
All the latest news and action from the world of football.
1.00-2.00am Chequered Flag
Motoring magazine that reviews the latest races and rally action around the world.

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.20 Teresa Scott Unleashed 12.45 FILM: Snatcher 1.00 The Five Minute Free View 1.05 FILM continues 2.00 The Five Minute Free View 2.05 Fantasy Night Calls 2.25 FILM: Double Down 3.40-4.00am Rosanna

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



'Food Network Daily' presented by Sarah Greene. Carlton Food Network 9.00am, 12noon, 2.30pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Agony
More helpful advice for troubled souls.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30
Strip Masterbrain
11.45 Private Dancer
12midnight Compromising Situations 12.30am Janeycam 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Kitchen College 10.00 Gordon Ramsay's Passion for Flavour 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network Daily 12.30pm Alex Factor 1.00 Coxon's Kitchen College 1.30 Rustie's Real Cooks 2.00 Aldo and Friends 2.30 Food Network Daily 3.00 School Dinners 3.30 Vin Ordinaire 4.00 A Year at Ballymaloe 4.30-5.00pm Tessa's Tastebuds
Watercress and Rocket

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Food and Behaviour
5.30 Get Smart
The Little Black Book

6.00 I Spy
Child Out of Time
The daughter of a German collaborator is caught in a struggle between Kelly, Alex and enemy agents.
7.00 Boon
The Tender Trap
Boon investigates a woman whose husband suspects her of committing adultery.
8.00 Blue Heelers
There Last Night
Tom becomes involved in the lives of a Vietnam veteran and his son, with tragic consequences.
9.00
Auf Wiedersehen, Pet
Last Rites
Links between a dead body and an illegal business transaction.
10.00 Jenny Eclair's Private Function
Guests include Richard Herring.
10.30 The Screen
Movie magazine.
11.00
Hill Street Blues
Invasion of the Third World
Mutant Body Snatchers
Renko's father's funeral car is commandeered.
12midnight I Spy
Child Out of Time
The daughter of a German collaborator becomes the pawn in a power struggle between Kelly and Alex and enemy agents.
1.00am-2.00am
The Far Pavilions

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Dude Ranch
The Johnson family play host to a city family on a ranching weekend.
2.00 Troubled Waters
Running the gauntlet of the crocodile.

3.00
The Crocodile Hunter
Wildest Home Videos
A behind-the-scenes look at what makes a crocodile hunter.
4.00 Going Wild with Jeff Corwin
Florida Everglades
4.30
Kratt's Creatures
Gatorglades
5.00
The Crocodile Hunter
Trapping rogue crocodiles with bare hands.
5.30
The Crocodile Hunter
6.00
The Crocodile Hunter
The adventurers trek deep into uncharted territory.
6.30
The Crocodile Hunter
7.00
The Crocodile Hunter
Reptiles of the Deep
Sea snakes, turtles and crocodiles are the focus of this underwater adventure.
8.00 Judge Wapner's Animal Court
The case of the diseased puppies which later died.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver, which works round the clock to save animals.
9.30 Emergency Vets
10.00
Emergency Vets
Stories from Alameda East Veterinary Hospital.
10.30
Emergency Vets
11.00-12midnight
Untamed Africa
The End of the Story
Wemba the one-eyed lioness is forced to abdicate her crown.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 The Real Rasputin 8.30 Killing for a Living 9.30 Esther 10.00 The Day the Universe Changed 11.00 The Face of Tutankhamun 12noon Lion Country 12.30pm Animal Hospital on the Hoof 1.00 The Kon-Tiki Man 1.30 Tomorrow's World Plus 2.30 Miss USSR
Coverage of the first ever Miss USSR beauty contest.

3.30 House Traders
Nick Harrington examines the strange love-hate relationship between estate agents, their clients and the buyers.
4.30 Esther
Meet the Baddies
A discussion with the people we love to hate.
5.00 Lion Country
Peewee the baby sea lion has vanished.
5.30 Lifesize
David Attenborough looks at size in the natural world.
6.00 The Search for the Holy Grail
This programme examines why the quest for The Holy Grail continues in our hi-tech digital age.
7.00
Moon Landing Live
● FEATURE: Page 8
7.15 Life on Ice
7.45 Animal Hospital on the Hoof
An orphan barasingha fawn is named.
8.15 Vets in Practice
A dangerous goose.
8.45
Moon Landing Live

9.15
Man on the Moon
A special programme to mark the 25th anniversary of the first moon landing.
10.15 The Clampers
Fly-on-the-wall series.
10.45 War and Piste
It's Our Last Night, Pooh
The winter season draws to a close.
11.15
Jeremy Clarkson's Extreme Machines
11.45 DEA
12.45am-1.00am
Moon Landing Live

UK PLAY:
1.00am Bob Downe All Over Britain 2.00 Funny Noise 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 The UK Top 20 5.30 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Food Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Parenting 9.30 Susan Brookes 10.00 Surprise Gardeners 10.30 Young Chefs 11.00 Roddy Llewellyn 11.30 House Style 12noon Montel Williams 1.00pm Psychic Livetime 2.00 The View

3.00
Astrology Livetime
Live phone-in offering viewers the chance to find out what the stars hold for them.
4.00 The Montel Williams Show
Outraged Women in the Headlines
5.00
Roddy Llewellyn's Indoor Garden
5.30-6.00pm
House Style

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Serpent's Delight
The world of the snake.
7.30 Snake Invasion
Guam is under siege by a ten-foot-long serpent.
8.00
Wolves of the Sea
The world of the killer whale from the point of view of the whale, and its links with humans.
9.00
American Trickster
A rare look at the North American coyote, thriving and increasing in numbers in the wild and in the city.
10.00 The Survivors
A look at animals, such as thorny devils, goannas, red kangaroos and rock wallabies, who have adapted to Australia.
11.00 Island of the Giant Bears
Journey to Kodiak Island, home to the densest concentration of wild brown bears in the world.
12midnight All Aboard Zaire's Amazing Bazaar
Photographer Robert Caputo voyages to the heart of Zaire on a massive riverboat.
12.30am-1.00am
A Few Acorns More
Enter the fascinating world of the woodpecker.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with an eclectic collection of games and challenges, both mental and physical. With Richard O'Brien.
9.00
Stars in Their Eyes
Matthew Kelly is your host for the talent show.
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air hosts the quiz, testing contestants on entertainment, sport, sex and food.
11.00
Celebrity TV Bloopers
The camera catches the humorous mistakes that the so-called stars would rather you did not see.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue
5.00-6.00am Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 FILM: Between the Lies
11.30 Sex Court
12midnight Freeview
12.12am Suburban Sex Secrets
12.25 New Public Places
12.55 Dr Anna St John
1.20
FILM: A Simple Twist of Fate
Roxanne Hall, Davia Ardell
2.40 The .... Mobile
3.05-4.00am Electric Blue

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
Back to back hits.
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
2.00pm Dance Floor Chart
June Sarpong continues her tour around the hottest clubs in the UK.
3.00 Bytesize MTV
4.00 Select MTV
Live from Sound Republic.
6.00 News Weekend Edition
The significant stories of the week.
6.30 UK Singled Out
7.00 brand:new
8.00 Dance Floor Chart
9.00 MTV Megamix
10.00 News Weekend Edition
10.30 UK Singled Out
Presented by Sarah Cawood
11.00 The Blame Game
11.30 Say What??
12midnight Partyzone
MTV pays homage to the UK dance culture.
1.00am News Weekend Edition
2.00 Club Mix
3.00 MTV Megamix
4.00 Partyzone
5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of 1.30 Pop-Up Video 2.00 Jukebox 4.30 VH1 to One: Lionel Richie 5.00 VH1Live 6.00 Something for the Weekend 7.00 Greatest Hits of... Bruce Springsteen 7.30 Talk Music 8.00 Ed Sullivan 8.30 Best of Live 9.00 Kate and Jono 10.00 Ten of the Best: Yasmine Bleeth 11.00 Spice 12midnight The Friday Rock Show 1.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Ainsley's Meals in Minutes 10.30 Looking Good 11.00 Antiques Roadshow US 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Delia Smith's Summer Collection 2.00 Style Street 2.30 Peter Seabrook's Gardening Week 3.00 Growing Places 3.30 Voyage 4.00 Voyage
4.30 a la Mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Gardeners' World 9.30 Good Living 10.00 The House Detectives 10.30 The Antiques Show 11.00 How Does Your Garden Grow? 12midnight-1.00am Rough Guide to the World's Islands

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Friday 16 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 All Gardens Great and Small 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 All Gardens Great and Small 10.00 Garden Club 10.30 House Down Under 11.00 Workshop 11.20 Home and Leisure House 11.30 A River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Fishing in Sydney Harbour.
4.30 Walker's World
Costa Rica
With Anna Walker.
5.00 Flightline
Technology to stop planes flying into mountains.
5.30 Ancient Warriors
The Janissaries
Muslim slave warriors.
6.00 Zoo Story
Stories from London Zoo.
6.30 Frozen Kingdom
A look at ice worms and polar bears, killer whales and docile humpbacks, plus lumbering walrus bulls and slight arctic foxes.
7.30 Great Escapes
Into Death Zone
An attempt to climb the world's highest peaks.
8.00
He Conquered Space
Profile of Werner von Braun who designed the *Saturn V*, which first took man to the moon.
9.00 Kings of the Rig
Four long-distance lorry drivers give an insider's guide to life on the road.
10.00
Last of the Few
The Battle of Britain memorial flight is recalled by those who took part in the actual battle.
11.00
Playing with Fire
The professional world of the pyrotechnician, from the professional firestarter to fireworks displays.
12midnight Master Spies
The Deadly Game
The use of cutting-edge assassination technology.
1.00am Flightline
New technology to stop planes flying into mountains.
1.30-2.00am
Ancient Warriors
The Janissaries

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Tidings 6.00 Blinky Bill 6.30 Flying Rhino Junior High 7.00 Scooby-Doo 7.30 Dexter's Laboratory 8.00 Looney Tunes 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 A Pup Named Scooby-Doo 10.00 The Tidings 10.15 The Magic Roundabout 10.30 Cave Kids 11.00 Tabaluga 11.30 Blinky Bill 12noon Tom and Jerry 12.30pm Looney Tunes 1.00 Popeye 1.30 Yogi Bear 2.00 2 Stupid Dogs 2.30 The Mask

3.00 Flying Rhino Junior High
Animated fun.
3.30 Scooby-Doo
Mysterious happenings with the do-gooders.
4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 I Am Weasel
Animated heroics.
5.30
Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Animaniacs
More fun from the Warner Bros studio lot.
6.30 The Flintstones
Animated antics with the citizens of Bedrock.
7.00 Tom and Jerry
Pitched battles between the famous cat and mouse.
7.30 Looney Tunes
Classic cartoons from the archives.
8.00
Cartoon Cartoons
8.30-9.00pm
Cult Toons
Celebrities' favourite toons.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am Farthing Wood 6.30 The Neverending Story 7.00 CatDog 7.30 Rugrats 8.00 Hey Arnold! 8.30 Doug 9.00 Children's BBC 10.00 Wimzie's House 10.30 Papa Beaver 11.00 The Magic School Bus 11.30 PB Bear/ Budgie/Animal Antics/Family Ness 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas In Pyjamas 1.30 Franklin 2.00 Bear/Lizzie's Library/Portland Bill/Mr Men/Ivor the Engine 2.30 Children's BBC
Includes the *Teletubbies*.

3.30 Brothers Flub
Animated antics.
4.00 Angry Beavers
Madcap larks with the antagonistic brothers.
4.30 Rugrats
Fun with the over-imaginative toddlers.
5.00 Sister Sister
US teen comedy.
5.30 Kenan & Kel
6.00 Sabrina The Teenage Witch
6.30-7.00pm
The Secret World of Alex Mack

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Dream Lover
Tamera leaks the details of Tia's secret dream.
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
The Apartment
The story of Paul's old bachelor pad.
9.00 Ellen
Gladiators
Ellen is asked to be a Gladiators contestent.
9.30 Spin City
The High and the Mighty
10.00
FILM: Mystic Pizza
Julia Roberts, Lili Taylor, Annabeth Gish
Comedy drama about three young waitresses. None of them are particularly content with their lives, yet over the course of one summer their destinies are changed forever. *1988*
12midnight Comedy Network
12.30am Armstrong and Miller
1.00 The Larry Sanders Show 1.30 Late Night with David Letterman 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.55 Spiderman 7.20 Oggy 7.30 Dennis and Gnasher 8.00 Hero Turtles 8.25 The Incredible Hulk 8.50 Iron Man 9.15 Fantastic Four 9.40 X-Men 10.05 Casper 10.30 Oggy 10.55 Eek!Stravaganza 11.05 Bobby's World 11.30 Life with Louie 11.55 Home to Rent 12.20pm Spy Dogs 12.30 Donkey Kong 1.00 Mowgli 1.25 Ace Ventura 1.55 The Incredible Hulk 2.20 Iron Man 2.45 Fantastic Four

3.10 X-Men
Human/mutant conflict.
3.30
Fox Kids X-Press
3.35 Spiderman
Crime-fighting action.
4.00 Hero Turtles: The Next Mutation
Adventures with the shell-clad heroes.
4.30 Goosebumps
Collection of spooky stories.
5.00
Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
The animated adventures of the zany pet detective.
6.00
Donkey Kong Country
6.30 Eek!Stravaganza
6.55-7.00pm Oggy and the Cockroaches

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Dimanti Designs
8.30 Dress for Less
9.30 Fitness Zone
10.00 Junior Choice
11.00 Jewellery Box
More affordable and glamorous jewellery.
12noon Dress for Less
Casual additions to stylish wardrobes for less than £25!
1.00pm Bargain Shop!
Today's great offers at bargain prices.
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 In the Garden
More gardening advice from Shop!'s green-fingered gurus.
3.00 Shop! Feature
Car special, with accessories and audio equipment to suit every budget.
4.00 Cook's Den
Kitchen essentials from the biggest brands.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Jewellery Box
More affordable and glamorous jewellery.
7.00-8.00pm Junior Choice
A range of outdoor toys for active kids.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.30pm UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Today 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 Talking Movies 12midnight News 12.30am Zero 30 1.00 News 2.30 Talking Movies 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00 News 5.30-6.00am Seven Days

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Asia 12.30pm Earth Matters 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.30 Answer the Question
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Week in Review
4.30 Fashion TV
5.30-6.00am
CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 D: Design 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Fiction: Antoine Rives L'Affaire Akban 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fiction: Antoine Rives L'Affaire Akban 3.00 Journal 3.15 Questions 3.30 Les Belges du Bout du Monde 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Fiction: Antoine Rives L'Affaire Akban 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de L'Etape du Jour 9.00 Journal Télévisé 9.15 Divertissement 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Holy Quran 9.00 FILM 11.30 News 12noon Lifeline 12.30pm Daal Mein Kala 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Khiladi 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dama Dama Dam 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Pakistan News Link 8.30 Tara-2 9.00 Adhikar 9.30 Raahein 10.00 Mohabbat Ek Mohabbat 11.00 Zaike Ka Safar 11.30 Parampara 12noon FILM: Mera Qasoor Kya Hai 3.00pm Hum Zameen 3.30 Chalo Cinema 4.00 Filmi Chakkar 4.30 Mama Miya 5.00 Mr Gayab 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Best of India 7.00 Khoobsurat 7.30 Entertainment Express 8.00 News Bulletin 8.30 Aashirwad 9.00 FILM: Johar in Goa 12midnight News Bulletin 12.30am Woh 1.00 X-Zone 2.00 FILM: State Rowdy 5.00 Beegi Ke Pg 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Today with Marilyn Hickey 5.30 River of Life 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 The Messenger 9.00 Another Day of Victory 9.30 A Call to Prayer 10.00 Times Like These 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Boarding Pass 5.19am South Africa Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

THE HISTORY CHANNEL
WORLD PACK

12noon
The Knights Templar
12.55pm
Photos for the Future
1.00 Tales of the Gun
Next Generation
2.00 Biography
Lucrezia Borgia
3.00 World War I
America the Neutral
3.30 Men in Crisis
Darrow vs Bryan
4.00 The Eastern Bloc
5.00 Clocks
6.00 Ancient Warriors
The Lost Legions of Rome
How the Roman army grew from a band of part-timers to a formidable fighting force.
6.55 Photos for the Future
7.00 Weapons at War
Famous Small Arms
8.00 Biography
Nicolae Ceausescu
9.00 World War I
Wilson and War
9.30-10.00pm Men in Crisis
MacArthur vs Truman

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Kirks Folly Fashion Jewellery at 6.00pm.

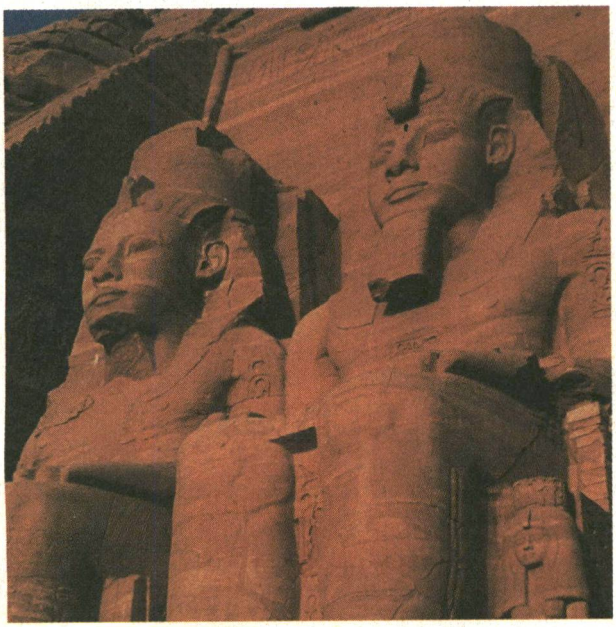
CABLE CHECK
Some of the channels listed may not be available in your area

SECTION 3 SATURDAY 17TH JULY – FRIDAY 23RD JULY

THE CHASE IS ON

A loose reworking of the 1973 Euro-thriller *The Day of the Jackal*, based on Frederick Forsythe's novel, *The Jackal* revolves around the pursuit of a mysterious, merciless hitman (Bruce Willis), who has been hired to kill a prominent public figure. The FBI think the Jackal is planning to despatch their Director (the First Lady is the actual target) but nobody knows the identity of the elusive assassin. Enter one Declan Mulqueen. Played by Richard Gere, Mulqueen is an imprisoned IRA gunman who has had dealings with the Jackal and who the Feds hope will lead them to their man in return for a reduced sentence. Willis makes a great villain but his approach to this killer is completely different to that of Edward Fox's in the original: Willis's incarnation is just as ruthless but it ultimately lacks the cruelly human dimension that the English actor brought to the part. For all that, Willis's portrayal does seem impressive when you stop to consider that, because of the enigmatic nature of the Jackal, he had little to build a character on. Perhaps the film's most interesting diversion from *The Day of the Jackal*, though, is with regards to Mulqueen. There's no real equivalent in the original film, which saw the Jackal being pursued by a driven French cop (recognisable traits of whom can be detected in both Sidney Poitier's FBI Deputy Director and Diane Venora's Russian intelligence officer), and he adds an intriguing element of revenge to the plot. Still, it's a little troubling that the audience identification figure is a convicted IRA man; he looks menacing as he paces his cell in the atmospherically lit scene that introduces him but director Michael Caton-Jones jettisons any ambiguity that Mulqueen might have had and the terrorist soon settles down into an honest hero. Gere and Willis do not share much screen time but there's a sense of electric occasion when these two icons of Eighties cinema finally share a scene over an hour in. The original received favourable reviews for its gritty, almost documentary-like approach and, while *The Jackal* has the glossy veneer you would expect of a big-budget Hollywood makeover, Caton-Jones's direction is admirably unadorned; he's more interested in character and story than noisy pyrotechnics and maintains tension by unfolding the plot on a need-to-know basis.

Sky Premier Saturday 17th 10.00pm



A PHARAOH TALE

Starting this Tuesday, Discovery Channel's new series *Egypt* embarks on a compelling exploration of the Arab republic's rich and mysterious historical heritage. The opening programme, *Chaos and Kings*, journeys back in time thousands of years to examine the part the Pharaohs, or kings, played in ancient Egypt.

Discovery Channel Tuesday 20th 10.00pm

TIGER, TIGER, BURNING BRIGHT

Playing as part of National Geographic Channel's Tiger Week, this Wednesday's passionately assembled documentary *Land of the Tiger* emerges as a unique celebration of the savage beauty of this misunderstood beast. Photographed amid the lush landscape of two Indian national parks by the intrepid film-making partnership of Stanley Breeden and Belinda Wright, the programme boasts some incredible snatched footage of tigers in the wild.

National Geographic Channel Wednesday 21st 10.00pm

Saturday 17 July

SKY PREMIER
PREMIUM CHANNEL

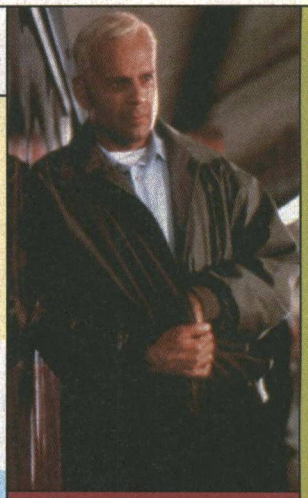
6.00am Never Too Late
1996, rating Sky PG, 92 mins
8.00 Nico the Unicorn
1998, rating Sky PG, DS, 91 mins
10.00 Legend
1985, rating Sky PG, 90 mins
12.00pm
The Beautician and the Beast
Fran Drescher, Timothy Dalton
Comedy. Text
1997, rating Sky PG, 103 mins
2.00 Speed 2: Cruise Control
Sandra Bullock, Jason Patric, Willem Dafoe, Colleen Camp
Action adventure. A woman and her boyfriend find their dream cruise ruined by a bomb on the boat, put there by a disgruntled employee. Text
1997, rating Sky PG, DS, 120 mins
4.05 Legend
Tom Cruise, Tim Curry, Mia Sara
Fantasy adventure set in a mythical land where life hangs in the balance as the forces of Good and Evil battle for supremacy. Darkness looks to gain the upper hand by stealing the horns of the last two remaining unicorns.
1985, rating Sky PG, 90 mins
5.40 The Beautician and the Beast
Fran Drescher, Timothy Dalton, Lisa Jakub, Ian McNeice
Comedy about an ambitious beautician who travels to Eastern Europe and is mistakingly hired as a tutor for the children of a dictator. Text
1997, rating Sky PG, 103 mins
7.30 p:review
A sneak peek at the movies coming up on Sky.
8.00
Speed 2: Cruise Control
Sandra Bullock, Jason Patric, Willem Dafoe, Colleen Camp
Action adventure. When a woman and her boyfriend go on a reconcillitary cruise their idyll is ruined after a bomb is found aboard the ship. Placed there by a disgruntled employee it falls to them to save the day. Text *1997, rating Sky PG, DS, 120 mins*
10.00 The Jackal
Bruce Willis, Richard Gere, Sidney Poitier, Diane Venora
PREMIERE Action thriller in which a deadly assassin sets out to eliminate a senior member of the US government. But he is also being tracked by an underground operative in the pay of the FBI with his own reasons for finding the killer. *1997, rating Sky 18, DS, 119 mins*
12.05am Physical Evidence
Burt Reynolds, Theresa Russell
Dramatic thriller.
1989, rating Sky 18, 95 mins
1.45 The Jackal
Bruce Willis, Richard Gere
1997, rating Sky 18, DS, 119 mins
3.55-5.40am
Home for the Holidays
Text *1995, rating Sky 15, 99 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.05am The Long Road Home
1998, rating Sky U, 88 mins
9.00
The Legend of Wolf Mountain
1992, rating Sky PG, 88 mins
11.00 Snowboard Academy
1997, rating Sky PG, 85 mins
1.00pm Melanie Darrow
Delta Burke, Brian Bloom
Crime thriller.
1997, rating Sky PG, 83 mins
3.00 The Long Road Home
Michael Ansara, Al Harrington, Mary Elizabeth Winstead
Drama based on a true story about a young boy who is sent to live with his grandfather after his mother's death. However his grandfather never got on with the boy's mother and he carries these feelings over to the boy, treating him with disdain.
1998, rating Sky U, 88 mins
5.00 The Legend of Wolf Mountain
Bo Hopkins, Nicole Lund, Robert Z'Dar, David Shark
Family adventure about three kids who find themselves lost on a mystical mountain after fleeing from two escaped convicts. They soon find themselves hoping for the legendary Indian warrior Simcoe to save them.
1992, rating Sky PG, 88 mins
7.00 Snowboard Academy
Corey Haim, Brigitte Nielsen, Jim Varney
Screwball comedy about a financially stricken ski instructor whose last chance of saving his school from an evil villain lies with a group of snowboarding misfits, who hold the school dear because they learnt to ski the slopes there.
1997, rating Sky PG, 85 mins
9.00 Margaret's Museum
Helena Bonham Carter, Clive Russell, Craig Olejnik
Drama about an eccentric woman living in a small mining community who vows not to marry a miner – but can her latest flame avoid the call of the coal mine?
1995, rating Sky 15, 96 mins
10.45 Fall
Eric Schaeffer, Amanda De Cadenet, Rudolf Martin
PREMIERE Romantic drama about the passionate affair between a cab driver and a supermodel who meet by chance. *1997, 86 mins*
12.20am State of Grace
Sean Penn, Ed Harris
A vivid and violent gangster yarn.
1990, rating Sky 18, DS, 128 mins
2.40 Tin Cup
Kevin Costner, Rene Russo
Golfing drama. LAST PLAY Text
1996, rating Sky 15, 129 mins
4.55-6.00am
Action Heroes: Mel Gibson

SKY CINEMA
PREMIUM CHANNEL

11.00am Our Relations
Stan Laurel, Oliver Hardy
Laurel and Hardy comedy in which they meet their long-lost twins.
1936, rating Sky U, 71 mins
12.30pm The Black Arrow
Louis Hayward, Janet Blair
Thrilling action movie set during the War of the Roses, in which a knight sets out for justice.
1948, rating Sky PG, 73 mins
2.00 A Touch of Larceny
James Mason, George Sanders, Vera Miles, Robert Flemyng
War-themed comedy about a Naval officer who contrives to make money out of his employers by means of an elaborate plot.
1959, rating Sky U, 88 mins
4.00
The Ballad of Cable Hogue
Jason Robards, David Warner, Stella Stevens, Slim Pickens
Peckinpah Western about an ageing gold prospector who, looking for the easy life, sets up his own ranch in a quiet part of the Old West. He is joined by a hooker who is also in search of the quiet life.
1970, rating Sky PG, 116 mins
6.00 Come Fill the Cup
James Cagney, Gig Young, Phyllis Thaxter
Melodrama about an alcoholic ex-journalist who sets out to combat his addiction and face up to the mess he has made of his life, with varying levels of success. Along the way he gets helped by an amiable drunk who does more to hinder him.
1951, rating Sky PG, 108 mins
8.00 A Place in the Sun
Montgomery Clift, Elizabeth Taylor, Shelley Winters, Raymond Burr
Brilliant performances from an all-star cast in this Oscar-winning drama, adapted from Theodore Dreiser's *An American Tragedy*. A doomed young man finds himself trapped between his true love and a wealthier woman.
1951, rating Sky PG, 117 mins
10.00 The First Deadly Sin
Frank Sinatra, Faye Dunaway, David Dukes, Brenda Vaccaro
Gritty thriller starring Frank Sinatra as a New York cop on the trail of a vicious serial killer, although much of the time his mind is on his wife, who is dying in hospital.
1980, rating Sky 15, 107 mins
11.55 Breezy
William Holden, Kay Lenz
Romantic drama.
1973, rating Sky 15, 102 mins
1.45am The Man Behind the Gun
1952, rating Sky 12, 79 mins
3.10 The Black Arrow
1948, rating Sky PG, 73 mins
4.30-5.30am Sherlock Holmes and the Spider Woman
1944, rating Sky PG, 59 mins



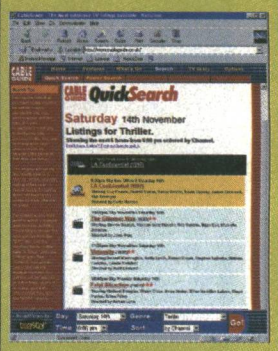
Bruce Willis plays 'The Jackal', a deadly assassin, in this premiere. Sky Premier 10.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Interview with Leslie Nielsen
9.15 Forbidden Planet
Walter Pidgeon, Anne Francis, Leslie Nielsen, Warren Stevens
Futuristic reworking of *The Tempest* in which the crew of a spaceship arrives on a distant planet inhabited by the intense Dr Morbius, his beautiful daughter and their robot.
Widescreen *1956, 95 mins*
11.10 2010
Roy Scheider, John Lithgow, Helen Mirren, Bob Balaban
Sci-fi drama about a voyage to Jupiter to discover exactly what happed to an ill-fated exploratory mission nine years earlier.
Widescreen *1984, 114 mins*
1.45am The Karate Killers
Robert Vaughn, David McCallum
Espionage adventure composed of editied clips of various spy TV series.
1967, 89 mins
3.30-5.00am The Main Attraction
Pat Boone, Nancy Kwan
Thrilling drama. *1962, 85 mins*



WANT TO KNOW WHICH TOM CRUISE MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm
And Now for Something Completely Different
John Cleese, Michael Palin, Terry Jones, Graham Chapman, Eric Idle, Terry Gilliam
Comedy compilation of the best sketches from the first two series of *Monty Python's Flying Circus*. Including the legendary *Dead Parrot Sketch* and other moments of madness. *1971, 85 mins*
8.00 Devil in a Blue Dress
Denzel Washington, Don Cheadle, Tom Sizemore
Thriller in which a down-on-his-luck World War II veteran is asked by a shady gangster to track down a missing politician's wife, who likes to spend her time in the black bars of Forties Los Angeles. *1995, 97 mins*
9.50
Bad Bosses Go to Hell
10.00
The Long Good Friday
Bob Hoskins, Helen Mirren, Derek Thompson
East End thriller. A gangster is about to close the biggest deal of his life when it becomes apparent that an unknown syndicate is trying to muscle in on his action. In trying to discover the culprits he unleashes an unstoppable wave of violence. *1979, 114 mins*
12midnight Stormy Monday
Melanie Griffith, Tommy Lee Jones
Thriller. *1987, 87 mins*
1.30am Insomnia
1.50 Mona Lisa
Crime drama. *1985, 100 mins*
3.35 Modulations
Music documentary. *1998, 74 mins*
4.55 Love Story
5.10-6.00am Still Buzzin'

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a big green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, rating Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The earth is dying so one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt.
1997, rating Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. A sacked museum guard takes his boss hostage in order to get his job back. A desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, rating Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Saturday 17 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends 7.30 Superhuman Samurai Syber Squad 8.00 Mysterious Island 9.00 The Simpsons Text **9.30 Pokémon 10.00 Shadow Raiders 10.30 Godzilla 11.00 World Wrestling Federation – Live Wire 12noon World Wrestling Federation – Shotgun 1.00pm Pacific Blue 2.00 America's Dumbest Criminals** Text **2.30 Pokémon**

3.00 Godzilla
Animated adventures with the giant mutant lizard.
3.30 Shadow Raiders
On the Rocks
Jade frees Graveheart.

4.00 Star Trek: Deep Space Nine
The Muse – Part I)
While Odo provides shelter for a pregnant Lwaxana, Sisko falls under the spell of a woman. Text

5.00 Star Trek: Voyager
Caretaker
Voyager is sent to rescue a renegade band of freedom fighters who are stranded in 'The Badlands'. Text

6.00 Early Edition
The Medal
While Gary tries to prevent a suicide, Chuck takes on a security firm that is harassing a restaurant's sea food supplier.

7.00 Hercules: The Legendary Journeys
Somewhere over the Rainbow Bridge
Hercules realises that fate cannot write the future.

8.00 Forces of Nature 2
Coverage of natural disasters including the blizzard of '93, which was the worst snowstorm of the century, and devastating floods in Canada and China.

9.00 Stargate SG-1
Tin Man
A strange and mysterious man implants the consciousness of the SG1 team into robots. Text

10.00 Stargate SG-1
There But for the Grace of God
Daniel Jackson is pulled into an alternative reality where he sees Earth being invaded by the Goa'uld. Text

11.00 Feature

12midnight Showbiz Weekly
Tanya Bryers presents the entertainment magazine show.
12.30am Malibu Shores
Cheating Hearts
Chloe meets Zack's parents. Text
1.30 The Extraordinary
The story of a woman who gave birth to her own grandchild. Text
2.30-6.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
Soap set in St Angela's Hospital.
7.30 Neighbours Omnibus
A chance to catch up with all the week's gossip and intrigue from the residents of Ramsay Street.
9.25 Dallas Omnibus
Another chance to see last week's episodes of the Texan soap.
12.10pm EastEnders Omnibus
Another chance to catch up with all the gossip from Albert Square.

3.00 The Bill Omnibus
Conway is enraged by the actions of a local vigilante and the officers of Sun Hill have a race against time to discover whether a murder and the disappearance of a teenage girl are linked. Steele and Garfield find themselves caught in the middle of a burglary victim's vendetta. Lozton and Boyden land inspector Monroe in hot water and Pearce struggles to resolve the moral arguments of a false confession.
5.25 To the Manor Born
DeVere moves his multinational grocery business to the manor.

6.00 FILM: The Four Musketeers
Michael York, Richard Chamberlain, Frank Finlay, Oliver Reed, Simon Ward
Lighthearted adventure sequel to *The Three Musketeers*, with King Louis XIII's four swashbuckling heroes doing battle with the devious Cardinal Richelieu and his evil accomplice Milady de Winter once more. *1974*

8.00 Bread
Sitcom about a money-pinching Liverpudlian family.
8.40 Open All Hours
Sitcom about a miserly shopkeeper and his downtrodden nephew and assistant.
9.20 Fawlty Towers
The Anniversary
Classic comedy starring John Cleese.
10.00 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
10.40 Bottom
Burglary
Richie and Eddie capture a burglar and decide to keep his loot for themselves.
11.20 Monty Python's Flying Circus
Surreal comedy sketch show.

12midnight FILM: Avalanche
David Hasselhoff, Michael Gross
Gripping thriller in which a family is menaced by a merciless smuggler after an avalanche traps them in their remote cabin. *1994*
1.50am Dad's Army
3.00-7.00am Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Ready, Steady, Cook 9.30 TV Dinners 10.00 Entertainment Now! 10.15 Home and Away 12.30pm FILM: Outrageous Fortune
Shelley Long, Bette Midler
Comedy drama. *1987*
2.20 FILM: The Almost Perfect Bank Robbery
Brooke Shields, Dylan Walsh, Sherie Rene Scott
Comic caper in which a clean-cut cop becomes involved with a woman whose expensive tastes are well beyond his meagre salary. *1996*

4.10 Fashion Emergency
Emme and her team help people with their style dilemmas.
4.40 Maury Povich
Two back-to-back showings of the compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

6.20 Michael Cole
Two back-to-back showings of the no-holds-barred talk show in which the former head of Public Relations at Harrods, Michael Cole, tackles sensational subjects with a studio audience.

8.00 Change of Heart
New lovers are offered the chance of an alternative date.
8.30 The Dating Game
Guests choose between looks and personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.
10.45 Sex Bites
Katrina Buchanan hosts the raunchy discussion show which looks at all aspects of erotica.

11.00-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Mission: Impossible 7.00 Plus on Plus 7.30 Cannon and Ball Show 8.00 Doctor at Sea 8.30 Supersonic 9.00 The Avengers 10.00 The Persuaders 11.00 Hawaii Five-O 12noon Second Thoughts 12.30pm Plus on Plus 1.00 Mission: Impossible 2.00 The Return of the Saint

3.00 The Darling Buds of May
A Season of Heavenly Gifts – Part I
Pop rushes to rescue a grounded pilot from a nearby field.

4.00 The Love Boat
Help, Murder
A married couple enjoy getting away from their kids for the first time, and bartender Isaac falls head-over-heels in love.

5.00 The Persuaders
Anyone Can Play
Seaside breezes blow trouble for Danny and Brett when Danny unexpectedly becomes a Communist network's paymaster.

6.00 The Benny Hill Show
Benny HIll's back with a selection of characters including Fred Scuttle's health and keep-fit group.
7.00 The Avengers
Killer
Steed keys into a computer programmed for murder. With Patrick Macnee, Linda Thorson.

8.00 The Darling Buds of May
A Season of Heavenly Gifts – Part I
Pop rushes to rescue a grounded pilot from a nearby field.
9.00 An Audience with Bob Monkhouse
NEW Bob Monkhouse talks to an audience of celebrities about his life and career.
10.00-11.00pm The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm V.P.L.
Alternative fashion programme, presented by Francine Lewis.
11.30 The Hot House
Late-night show, presented by Kim Hughes and Terry Christian.
12midnight Jo Guest's Private Parts
Saucy late-night series.
12.30am Bigger Better Battling Babes
Female wrestling from America.
1.00 Real Sex
A strip club for gay women.
1.30-2.00am A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 Winnie the Pooh 7.00 Bite Size 7.20 Bear in the Big Blue House 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids: TV Show 9.00 Art Attack 9.20 Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs 1.30 Disney on Demand

3.00 The Little Mermaid
The adventures of the beautiful mermaid Ariel. Text
3.30 Goof Troop
Goofy has trouble keeping his son in line. Text

4.00 101 Dalmatians
More canine capers. Text
4.30 Hercules: The TV Show
Hercules and the Complex Electra Text

5.00 Crash Zone
Truth Hurts
Pi and Bec design a game that appeals to girls but there are a few teething problems. Text
5.30 Teen Angel
6.00 Smart Guy
A Beating is Fundamental
TJ meets a fellow junior genius.
6.30 Boy Meets World
The Last Temptation of Cory
Cory becomes very popular. Text
7.00 FILM: First Kid
Sinbad, Brock Pierce
Family adventure. When a Secret Service agent is assigned to protect the President's son he finds that the First Kid's no angel, and soon they are having lots of adventures, including thwarting a threat to the First Family's security. *1996*
8.30 Honey, I Shrunk the Kids: TV Show Text
9.15 Double Dinosaurs
Prehistoric fun with the animated dinosaur family who take an unusual view of human problems, using state-of-the-art puppetry and audio-animatronics. Text
10.00 Home Improvement Text
11.00 Flipper Text
11.45-12midnight Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Devil in a Blue Dress
FilmFour 8.00pm
Lured by what he mistakes for easy money, Denzel Washington's greenhorn gumshoe Easy Rawlins embarks on a compelling trawl through the criminal underbelly of post-war Los Angeles in search of the eponymous missing femme fatale. A cool retro-noir flick.

GENERAL

Bread
UK Gold 8.00pm
A fondly remembered series, which revolved around the trials and tribulations of the Boswell family, *Bread* benefited from fine acting and the keen attention to earthy detail that writer Carla Lane brought to her earlier Liverpool-set sitcom, *The Liver Birds*.

ADVERTISEMENT

UK GOLD
SHOOTING STARS 10.00PM
Vic Reeves and Bob Mortimer are joined by Ulrika Jonsson, Mark Lamarr and Matt Lucas for more celebrity-bashing antics in this often incomprehensible but always hilariously funny quiz show.

Saturday 17 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am YOZ Mag
8.30 Mountain Bike
9.00 Trial 9.30 Tractor Pulling 10.30 Cycling
11.15 Rally
11.30 Motorcycling – LIVE
German Grand Prix in Sachsenring.
12noon
Motorcycling – LIVE
1.00pm
Motorcycling – LIVE
2.00 Cycling – LIVE

3.00 PM
Coverage of the 13th stage of this year's Tour de France, from Saint-Flour to Albi (237 km).

4.00 PM
4.30 Athletics – LIVE
Action from the IAAF Grand Prix I in Nice.

5.00 PM

6.00 PM

7.00 PM
7.00 Athletics
Highlights from the IAAF Grand Prix I in Nice.
7.45 Motorcycling
German Grand Prix in Sachsenring.

8.00 PM
8.00 Cycling
Highlights of today's stage in the Tour de France.

9.00 PM

10.00 PM
10.00 Rally
Action from the World Rally Championship in New Zealand.
10.15 Motorcycling
Coverage of the German Grand Prix in Sachsenring.
11.15 Boxing
Action from a recent international contest.

11.00 PM

12.00 NIGHT TIME
12.15am-1.00am Athletics
Highlights from today's IAAF Grand Prix I meeting in Nice.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Super League 7.00 Sky Sports Centre 7.30 Extreme Sailing 8.00 Aerobics Oz Style 8.30 Racing News 9.00 Australian Rugby League 11.00 Cricket: County Challenge – Kent v New Zealand – LIVE 1.15pm Second Innings: Angus Fraser – West Indies v England 1.45 Cricket: County Challenge - Kent v New Zealand - Live
Ball-by-ball coverage from the County Challenge match between Kent and New Zealand. The third day's action once again comes from picturesque Canterbury, Kent's spiritual home.

6.00 International Rugby Union: Tri-Nations – Australia v South Africa
Action from the Tri-Nations tournament as Australia take on South Africa. The competition, also involving New Zealand, showcases the talents of three of the world's best teams as they prepare for the World Cup.

8.00 Golf: Formula One Drivers Charity Golf Day
Formula One stars aim to prove that they are skilful drivers on the fairways.

9.00
Fight Night – LIVE
Paul Dempsey presents live action from a clash between two of today's finest fighters. Commentary and ringside analysis comes from Glenn McCrory and Ian Darke.

11.00
Karate: ISKA Karate
Coverage of the World Breaking Championships from Orlando, Florida.

12midnight
Irish Motor Sport
12.30am Copa America Football: 3rd/4th Play-Off
2.30 Fight Night
4.30 Karate: ISKA Karate
5.30-6.00am Gillette World Sport Special

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited 7.00 Aerobics Oz Style 7.30 Racing News 8.00 Sky Sports Centre 8.30 Gillette World Sport Special 9.00 Soccer AM 12noon Australian Rules Football 2.00pm Pool: World Pool Championship – LIVE
Action from the Cardiff International Arena as the 1999 World Professional 9-ball Championships commence. This is the first opportunity to witness the talents of the world's best players all under one roof and competing for the prize money of $60,000.

5.30
Irish Motor Sport
Motoring action featuring top events from various Irish circuits.

6.00 The Winning Post: Redcar/ Warwick – LIVE
Join Jeff Stelling as he hosts the evening's live action from the race meetings at Redcar and Warwick.

8.00 Copa America Football: 3rd/4th Play-Off – LIVE
Coverage from the penultimate match in the Copa America. The third and fourth place play-off was won in 1997's tournament by Mexico, who edged out Peru in an unforgettable encounter.

10.30
Irish Motor Sport
Motoring action featuring top events from various Irish circuits.

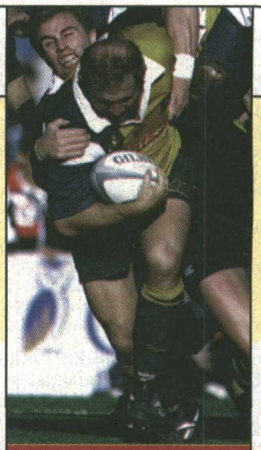
11.00 Major League Baseball: New York Yankees v Atlanta Braves
Coverage of another top match in the American Baseball League.
2.00am Golf: Formula One Drivers Charity Golf Day
3.00
Australian Rules Football
5.00-6.00am Max Power

SKY SPORTS 3
PREMIUM CHANNEL

11.00am International Rugby Union: Tri-Nations – Australia v South Africa – LIVE
Action from the Tri-Nations tournament, as the teams prepare for the forthcoming World Cup.
1.00pm Baseball Max
2.00 Moto-Plus
2.30 World Motor Sport
Coverage of the motor sport world, from the frantic pace of the Indy Racing League, to the never-say-die approach of the NASCAR series. The programme also includes features on the key movers and shakers in the race world, and viewers see life behind the wheel from the men who thrill the crowds.

5.30 Golf: Formula One Drivers Charity Golf Day
Formula One stars aim to prove that they are skilful drivers on the fairways as well as on the track.
6.30 Gillette World Sports Special
The best of the week's sports action.
7.00 Pool: World Pool Championship – LIVE
Action from the Cardiff International Arena with the second session of day one in the 1999 World Pool Championship. With the individual prize money standing at $60,000, there is plenty to play for in this competition which features many of the biggest names in pool.

10.30 Gillette World Sports Special
The best of the past week's sports action from around the world.
11.00-12midnight Golf: Formula One Drivers Charity Golf Day
Formula One stars prove their skills on the fairways.



Dan Crowley hopes to drive the Australians to victory over South Africa. Sky Sports 3 11.00am – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15
Season Snapshots
6.30 Junior Masterfan
Fast-paced, fun-packed quiz show.
7.00
An Audience With...
A United legend shares memories and answers questions from an audience of fans.
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match
A classic contest from the archives is dusted down for your viewing pleasure.
9.30 Red Hot Update
9.35 Super Match Continued
A classic contest from the archives is dusted down for your viewing pleasure.
10.30 Red Hot News
The latest developments from Old Trafford.
10.45
Super Match Shorts
11.00-12midnight
Did You See...
Sit back and relax as we show you all the best bits from the week on MUTV.

SCI-FI
ACTION PACK

7.30am Cybernet 8.00 The Flash 9.00 Ray Bradbury Theatre 9.30 New Alfred Hitchcock 10.00 Twilight Zone 10.30 Twilight Zone 11.00 Incredible Hulk 12noon-4.30pm The Ray Bradbury Theatre
12noon *To the Chicago Abyss*
12.30pm *Mars Is Heaven*
1.00 *The Murderer*
1.30 *Touched With Fire*
2.00 *Black Ferris*
2.30 *Usher II*
3.00 *Here There Be Tygers*
Starring Timothy Bottoms
3.30 *A Touch of Petulance*
Starring Nick Mancusco, RH Thomson.
4.00
And the Moon Be Bright
Another adaptation of a Ray Bradbury story.
4.30 *The Day It Rained Forever*
5.00 FILM: 4D Man
Lee Meriwether, Robert Lansing, James Congdon, Jasper Deeter, Guy Raymond, Robert Strauss
Science fiction yarn about a scientist who finds a way to travel through solid matter by scrambling his brain waves. *1959*
6.35
Sci-Focus Special
7.00 The Flash
The Trickster
Stars John Wesley Shipp, Amanda Pays and Alex Desert.
8.00
FILM: Star Command
Jay Underwood, Chad Everett, Morgan Fairchild, Jennifer Bransford, Chris Conrad, Tembi Locke.
In 2217 six young space cadets are on their first training mission when they encounter an enemy force which threatens Earth. *1995*
10.00
FILM: Witchboard – The Possession
David Nerman, Locky Lambert, Cedric Smith.
Horror. Lured by the spirit of the ouija, a man passes through from the physical world into a parallel universe. *1995*
11.40
Sci-Focus Special
12midnight Perversions of Science
12.30am The Hunger
1.00 Mystery Science Theatre 3000
2.45 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
AUSTRALIA V SOUTH AFRICA
SKY SPORTS 3 11.00AM

Perhaps a rehearsal of the Rugby World Cup Final? It will be fascinating to see who has the upper-hand in this titanic clash. The match atmosphere and hostilty of the home crowd will be food and drink to the tough Springboks who are both the current World Champions and the Tri-Nations holders. Indeed, in last year's tournament they twice defeated the Wallabies. To repeat that, the Boks will need their inspirational scrum-half Joost Van der Westhuizen to be on top form.

ITV2
ACCESS PACK

9.25am Toddler's ITV2
12.20pm
The Zig and Zag Show
12.35 The Rottentrolls
12.45 Crazy Cottage
1.15 Extreme Dinosaurs
1.40 Energize
2.00 Extreme Ghostbusters
2.30 Waynehead
2.50
Are You Afraid of the Dark?
3.10 The Quick Trick Show
3.25 Lavender Castle
3.40 Home and Away
5.30 Futbol Mundial
All the latest news and action from the world of football.
6.00 Taking the Pitch
A knockout soccer quiz featuring celebrities, players and fans.
6.30 Dealer's Choice
An offbeat look at the world of buying used cars.
7.00 The Locker
Fitness-and-health magazine.
7.30 The Mix
Chart rundown.
8.30 Maggie Winters
American sitcom.
9.00 Always and Everyone
10.00 Double Bill
Tuesday's and Thursday's episodes from ITV.
12midnight God's Gift
Searching for the ultimate male specimen.
1.00am
The Haunted Fishtank
Ed Hall presents television news, reviews and previews.
1.30-2.00am Videotech

TELEVISION X
ADD-ON CHANNEL

12midnight Freeview
12.10am Katie's Fantasies
12.30 Sex Therapist
The adventures of a gentleman who helps others with their problems.
1.00 FILM: Come Hither
Erotic drama
2.20 Adult Feature
2.45-4.00am FILM: Chug-a-Lug Girls 4 Erotic drama

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Saturday 17 July

'Intimate Portrait' looks at African-born model Iman. Granada Breeze 10.00am, 5.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 The Fashion Show 9.00 No Tomorrow 9.30 Indecent Proposals 10.00 UWA Wrestling Rampage 11.00 Boys' Toys 11.30 Lie Detector 12noon The Fashion Show 12.30pm No Tomorrow 1.00 Judge Judy 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 Bangers and Smash
Stock car racing action.
4.00 Mis-Match of the Day
Celebrity football challenge.
4.30 Agony
More advice for troubled souls from the straight talking agony aunts.
5.30 Indecent Proposals
Members of the public are paid cash for performing foolish stunts.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00 The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00 Bangers and Smash
Stock car racing action.
8.30 Mis-Match of the Day
Celebrity football challenge.
9.00 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 School Dinners 10.30 Food for Thought 11.00 Three Chefs in the Cape 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Ross on the Range 1.00 Newman Meets 1.30 The Spice Trail 2.00 The Alex Factor 2.30 Food Network Daily 3.00 Japaneasy
Tea Ceremony
3.30 Simply Fish 4.15-5.00pm More Simply Antony
Chinese

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Heart Disease and Strokes
Hosted by Sarah Greene.
5.30 Get Smart
The Little Black Book
6.00 I Spy
Magic Mirror
Kelly's in love with a woman linked to an exiled dictator plotting a revolution to regain power.
7.00 An Inspector Calls
Hotel Check
7.30 Birds of a Feather
Women's Troubles
8.00 Peak Practice
Impulsive Behaviour
Jack helps a young priest to face some home truths, but will he be there for Beth in her hour of need?
9.00 Fragile Heart
Second of a four-part drama series. Edgar and his son Daniel are in China, preparing for a clandestine operation.
10.00 Wildside
Gritty police drama series set around a group of people who work in a downtown police station in Sydney's red light district.
11.00 Hill Street Blues
Trial by Fury
The Hill goes wild and a riot nearly erupts when a nun is attacked.
12midnight I Spy
Magic Mirror
1.00am Jenny Eclair's Private Function
Comedy series.
1.30-2.00am The Screen
Magazine programme looking at the latest movies.

ANIMAL PLANET
WORLD PACK

12noon Emergency Vets
12.30 Emergency Vets
1.00 Emergency Vets
A German shepherd requires an emergency tracheotomy.
1.30 Emergency Vets
The vets treat a dog hit by a car.
2.00 The Flying Vet
Gove
2.30 The Flying Vet
Cattle
3.00 The Flying Vet
Pine Creek
A look at the life of vets in Australia's outback.
3.30 Flying Vet
Show Week
4.00 Espu
A report on ivory poaching.
4.30 Espu
Hidden cameras help the battle against illegal dealing in rhino horns.
5.00 Espu
A deal is struck with two unsuspecting rhino horn poachers.
5.30 Espu
From South Africa.
6.00 Wild Rescues
An exploration of the relationship between humans and animals.
6.30 Wild Rescues
Man and animals explored.
7.00 Wild Rescues
An exploration of the relationship between humans and animals including stories showing the heroic nature of men.
8.00 Wildlife ER
From the US-based Wildlife Centre which offers unparalleled medical technology.
8.30 Wildlife ER
9.00 Emergency Vets
Three students approach their last year of work placement.
9.30 Emergency Vets
A cobra gets loose.
10.00 Emergency Vets
Animal docu-soap.
10.30 Animal Detectives
Parrots
11.00 Animal Detectives
Rhinos
11.30-12midnight Animal Detectives
Turtles

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons
9.00 Egypt's Lost City
10.00 The Great Flood
11.00 Stonehenge
12noon Tomorrow's World Plus
1.00pm Inside Story
2.00 Immortal Salamander
2.30 Baboons Rule OK
Follow the exploits of a troop of baboons.
3.00 The Private Life of Plants
Living Together
David Attenborough looks at the battle for survival in the plant world.
4.00 Jungle Nights
The story of the tropical rainforest of Central America at night, revealing the unseen behaviour of the inhabitants.
5.00 Animal Hospital
With Rolf Harris.
5.30 BG Wildlife Photographer of the Year
Join Jonathan Scott.
6.00 Children's Hospital – Special Edition
6.30 Back to the Floor
Seeing Red
7.00 Killing for a Living
Murder in the Family
A look at the wild side of animal life in this five-part series.
8.00 Secrets of Lost Empires
The Incas
Engineers attempt to emulate the building skills of the ancient Incas.
9.00 Planet Hunters
The story of the discovery of the first planets beyond our solar system and the possibility of life beyond our galaxy.
10.00 Hotel
An affectionate look behind the scenes at Liverpool's Adelphi Hotel.
10.30 Hotel
Docu-soap.
11.00 Hotel
11.30 Hotel
12.05am Hotel
12.35-1.00am Hotel
Hundreds of guests are evacuated.

UK PLAY:
1.00am The Fast Show 1.35 The Fast Show 2.15 The Fast Show 2.50 The Fast Show 3.45 The Fast Show 4.20 The Fast Show 5.00 Flatmates 5.30 Lucas and Walliams in Rock Profile Show 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden 7.00 View 7.50 Passions 8.00 Rosemary Conley 8.30 Gardeners' Diary 9.00 Montel Williams 10.00 Intimate Portrait 10.50 Passions 11.00 Perfect Parenting 11.30 Family Recipes 12noon Indoor Garden 12.30pm Cook's Garden 1.00 Home and Garden Livetime 2.00 View
3.00 Home and Garden Livetime
Interior design, DIY and gardening advice, demonstrations and top tips from the experts.
4.00 The Montel Williams Show
Mothers On Welfare
Award-winning US chat show which discusses mothers on welfare.
5.00-6.00pm Intimate Portrait
Iman
The first black woman on the cover of French *Vogue*.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Extreme Earth: Hawaii Born of Fire
Explore the forests of the world's isolated Hawaiian islands.
8.00 Nature's Nightmares: The Tree and the Ant
A look at an unlikely friendship existing in the rainforest.
9.00 Search for the Battleship Bismark
Follow the near impossible search for the battleship Bismarck that was designed to sink *The Hood*.
10.00 The Source of the Mekong
A team of explorers delve into the remote reaches of Tibet to find the source of the Mekong River.
11.00 Icebound: 100 Years of Antarctic Arctic Discovery
Documentary celebrating 100 years of Antarctic discovery.
12midnight City of Darkness
Explore how Hong Kong's walled city of Kowloon was once a maze of vices.
12.30am-1.00am Day of the Elaephant
Profile of the Indian elephant and its role in ceremonies.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Strike it Lucky
With Michael Barrymore.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30 The Games Room
6.40 Candid Camera
Comedy footage.
7.15 The Games Room
7.25 Roll with It!
7.55 The Crystal Maze
The programme with a collection of mental and physical challenges, the aim of which is to win as many crystals as possible. Hosted by Richard O'Brien.
9.00 The Games Room
9.15 Karaoke Challenge
9.45 The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00 Celebrity TV Bloopers
The mistakes that the stars hoped you would never see, exposed in all their uncut glory.
12midnight Carnal Knowledge
1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 Special: Girls of the Radio
11.15 Sex Guides
12midnight Freeview
12.12am Katie's Fantasies
12.30 Neil Down – Sex Therapist
1.00 FILM: Come Hither
Erotic drama
2.20 Dungeon Dykes
2.45-4.00am FILM: Chug-a-Lug Girls

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad for Hits
9.00 Bytesize MTV – Biggest Stars of the 90s Weekend
10.00 European Top 20
12noon News
12.30pm Say What??
1.00 Total Request
A countdown of the most requested current videos of the week.
2.00 The Lick R&B Chart
With R&B expert Trevor Nelson.
3.00 Bytesize MTV
4.00 Select MTV
6.00 News
6.30 MTV Live
7.00 MTV Megamix
8.00 Biggest Stars of the 90s Weekend
9.00 Celebrity Death Match
Plasticine fight feast.
9.30 News
10.00 Say What??
11.00 Total Request
12midnight brand:new
1.00am Saturday Night Music Mix
3.00 Chill Out Zone
5.00-6.00am Night Videos
Music through the night.

VH1
MUSIC & GAMES PACK

6.30am Breakfast in Bed
9.00 Pop-Up Video 9.30 Talk Music 10.00 Something for the Weekend 11.00 The Millennium Classic Years: 1976 12noon Pop-Up Video Marathon 3.00pm The VH1 Album Chart Show 4.00 Pop-Up Video 8.00 VH1 Disco Party 9.00 The Kate and Jono Show 10.00 Gail Porter's Big 90s 11.00 VH1 Spice 12midnight Midnight Special 12.30am-1.00am Ed Sullivan's Rock 'n' Roll Classics

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast
7.30 Country Tracks 8.00 Tracks 8.30 How Does Your Garden Grow? 9.30 Growing Places 10.00 Gardeners' World 10.30 Antiques Roadshow 11.30 The Antiques Show 12noon Moving People 12.30pm House in France 1.00 Coast to Coast 1.30 Country Tracks 2.00 Tracks 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm Arena People: Clement and La Frenais 4.00 Sounds of the Seventies 4.30 Sounds of the Seventies 5.00 Later on... Tom Waits 6.00 The Arena 100 6.30 The First, the Last, My Everything 7.00 Reviews You Can Use 7.55 Arena People: Arthur C Clarke 8.55 Not Only... But Also... 9.30 Marty 10.05 FILM: The Passion of Darkly Noon *1995* 12.05am Later on... Tom Waits 1.00 Not Only... but Also... 1.30 Marty 2.00-3.00am Arena People: Arthur C Clarke

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Saturday 17 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Potted History 6.30 Top Marques 7.00 Tool Time 7.30 These Four Walls 8.00 Gimme Shelter 8.30 Wood Wizard 9.00 Go Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt 10.30 Our House 11.00 Our House 11.29 The Home and Leisure House 11.30 The New Yankee Workshop 12noon Cookabout 12.30pm Top Marques 1.00 Doorstep DIY 1.30 Our House Down Under 2.00 Fishing Australia 2.30 Two's Country Caribbean 3.00 Time Team 3.30-4.00am Time Team

DISCOVERY
WORLD PACK

3.00 PM

4.00pm Force 21
A unique investigation into cyberwarriors, equipped with the highest levels of physical and mental fitness.

5.00 PM

5.00
War and Civilisation
Horse Warriors
The fall of the Roman empire was followed by the rise of horse armies.

6.00 PM

6.00
War and Civilisation
Gunpowder
Was gunpowder the most decisive development in the history of warfare?

7.00 PM

7.00 Invisible Places
World of War
A look at the secret and safe underground places to which people have fled throughout history.

8.00 PM

8.00 Speed!
Crash! Rescue!
A front-seat view of crash rescues involving high-performance racing machines at Indy circuits.

9.00 PM

9.00
Speedway Survival
A look at technological breakthroughs in racing car safety.

10.00 PM

10.00 Black Box
Crash Detectives
The investigation teams at two crash sites – the TWA 800 and the Valujet crash.

11.00 PM

11.00 The Sexual Imperative
The Sex Contract
Focusing on monogamy and polygamy in the animal kingdom.

12.00 NIGHT TIME

12midnight The FBI Files
Above the Law
Focusing on the FBI investigations into the rape and murder of a woman on a Californian highway.
1.00-2.00am
Weapons of War
Combat on the Russian Front

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 The Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 The Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 RTG 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby-Doo 2.00 Animaniacs 2.30 The Mask

3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
Cartoon adventures.
4.00
The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos.
5.00 Ed, Edd 'n' Eddy
Animated adventures with the troublesome trio.
5.30
Cow and Chicken
Cartoon sibling rivalry.
6.00 Freakazoid!
Internet mayhem.
6.30 The Flintstones
More fun with the prehistoric men behaving badly in Bedrock.
7.00 Batman
Caped crusading cartoon.
7.30 Superman
Super-hero action from the man who can leap tall buildings in a single bound.
8.00 Captain Planet
8.30-9.00pm
The Real Adventures of Jonny Quest
Cartoon action.

Win £25,000 Cash or a Jaguar XK8
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09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Extreme Ghostbusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenen & Kel 9.30 Sabrina The Teenage Witch 10.00 Hey Arnold! 10.30 Hey Arnold! 11.00 Angry Beavers 11.30 Angry Beavers 12noon CatDog 12.30pm CatDog 1.00 Rocko's Modern Life 1.30 Rocko's Modern Life 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00 Kenan & Kel
Adventures with the two funky friends.
3.30 Kenan & Kel
Funky adventures with the two friends.
4.00 Sister Sister
Comedy with the identical twin sisters.
4.30 Sister Sister
Comedy with sisters Tia and Tamera.
5.00 Sabrina The Teenage Witch
Bewitching comedy with the adolescent sorcerer.
5.30 Sabrina The Teenage Witch
6.00 Moesha
6.30-7.00pm Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
A Tall Tale
Thetwins enjoy a prom.
7.30 Jenny
8.00 Desmond's
Classic Peckham comedy.
8.30 Mad About You
Riding Backwards
Mark and Fran fight during a trip to Connecticut.
9.00 Ellen
$5,000
Ellen donates a tax refund to charity.
9.30 Spin City
Meet Tommy Dugan
10.00
FILM: Back to School
Rodney Dangerfield, Robert Downey Jr
Millionaire businessman Thornton Melon is upset when his son announces that he is not sure about going to college. *1986*
11.45 Lancelot Link
More adventures with the chimp detective.
12midnight Comedy Network 12.30am The People Vs Jerry Sadowitz 1.00am Morwenna Banks Show 1.30 Still in Bed with MeDinner 2.00 Mad for It 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Silver Surfer 7.15 Beetleborgs 7.40 Mortal Kombat 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Space Special 9.30 Ace Ventura 10.00 Goosebumps 10.30 Casper 10.45 Eek the Cat 11.00 Spy Dogs 11.15 Eek 11.30 Sam and Max 11.45 Eek the Cat 12noon Power Rangers 12.25pm Power Rangers 12.50 Power Rangers 1.15 Power Rangers 1.45 Power Rangers 2.15 Silver Surfer 2.40 Beetleborgs

3.05 Mortal Kombat
Follow this group of chosen warriors.
3.30
Fox Kids X-Press
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
More spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the enemy – adults.
5.30-7.00pm
FILM: Spiderman: Six Forgotten Warriors
A feature-length adventure with the web-slinging superhero.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 In the Kitchen with Susan Brookes
8.30 Household Solutions
Don't let the housework get you down, tune in for more energy-saving ideas!
9.30 Junior Sports Store
A pick of the best sportswear from the top brands.
10.00 Spotlight on Sports
Camping special with equipment and accessories for hassle-free holidays.
11.00 The Gold Collection
Featuring coin-set jewellery from Shop!'s wide range.
12noon The Clothes Line
Another lucky Shop! viewer gets a fashion makeover from our experts.
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 Switched On
More portable power from our range of top-brand home entertainment.
2.30 6 of the Best
This week's top six are some smart storage solutions.
3.00 Global Cuisine
4.00 Home Style
5.00 Shop! Selection
6.00 The Gold Collection
7.00-8.00pm
The Clothes Line

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 7.30 Talking Movies 8.00 Weekend 24 9.00 News 10.30 Straight Talk 11.30 Simpson's World 12.30pm Seven Days 1.00 News 2.30 Straight Talk 3.00 News 6.30 Scoreline 7.00 News 7.30 Scoreline 8.00 News 8.30 Simpson's World 9.00 News 9.30 Straight Talk 10.00 News 10.30 Movies 12.30am Seven Days 1.00 News 2.30 Simpson's World 3.00 News 3.30 Science Review 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Straight Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Europe 6.30 Business 7.30 World Beat 8.30 Sport 9.30 Pinnacle Europe 10.30 Sport 11.30 Your Health 12.30pm Moneyweek 1.00 Report 2.30 Travel Now 3.30 Sport 4.30 Pro Golf 5.00 Larry King 6.30 Fortune 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World View 11.30 Inside Europe 12.30am Your Health 1.00 World Today 1.30 License 2.00 Larry King 3.00 World Today 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Showbiz Weekly 10.30 Fashion TV 12.00 Sky News Today 1.30 Answer the Question 3.30 Global Village 4.30 Week in Review 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fox Files 11.30 Sportsline Extra 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 The Book Show 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

3SAT 5.50am 7 Tage 6.00 Fundsachen neu gesehen 7.00 Alpenpanorama 8.00 Zeit 8.05 Kulturzeit 8.45 Alpen Donau Adria 9.15 Heimat 9.45 Report 10.30 Vor 30 Jahren 11.15 Quer 12.15pm Fleetwood Mac 12.35 In Concert 1.00 Computershow 1.30 Macht der Gezeiten 2.15 Frau TV 2.45 Bildergeschichte 2.55 James Cagney 4.35 Tips and Trends 5.00 Jekyll and Hyde 5.30 Ausland 6.00 Heute 6.18 Wetter 6.20 Zeit TV 7.00 Tagesschau 7.15 Aus der Fremde 8.40 LBW Jazz Open Stuttgart '99 10.10 Alex 11.10 Seitenblicke 11.35-12midnight Satire

TV5 5.00am Journal 5.15 Journaux 6.00 Infos 6.05 Bus 7.00 Journal 7.30 Branché 8.00 Infos 8.05 Bus 9.00 Journal 9.15 Faut pas Rêver 10.00 Infos 10.05 Outremers 11.00 Infos 11.05 D: Design 11.30 Journal 12noon Infos 12.05pm Tour 1.00 Journal 1.15 Raisins 2.30 Inventions 3.00 Journal 3.15 Questions 3.30 Sport 4.00 Infos 4.05 Reflets 5.00 Journal 5.15 Racines 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Tour 8.15 L'Etape 9.00 Journal 9.15 Vie à L'Endroit 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Variety 10.00 Interactive Live 11.30 News 12noon Kashmakash 12.30pm Pakistan This Week 1.00 Pakistan Business Update 1.30 FILM 4.00 Edit 4.30 Thekikaat 5.00 Kashkol 6.00 El Mulaqat 6.30 BPL Oye 7.30 Eurospice 8.00 Junoon 8.30 Mumkin 9.00 FILM 11.30 Baaje Payal 12midnight Mumkin 12.30am El Mulaqat 1.00 FILM 4.30 Junoon 5.00 Kainaat 6.00 Chand Ghazlien 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Diilagi 6.30 Shabads 7.00 Faith 7.30 News 8.00 Business Week 8.30 Jungle Book 9.00 Mr Gayab 9.30 Entertainment 10.00 Up Beat 10.30 Zee Addicts 11.00 Ru-ba-ru 11.30 Khana Khazana 12noon FILM 3.00pm My Choice 4.00 Jaal 5.00 Public Demand 5.30 Rishtey 6.30 Hum Paanch 7.00 Top Ten 8.00 News 8.30 Jaan 9.00 FILM 12midnight News 12.30am Shapath 1.00 Purush Kshetra 2.00 FILM 5.00 Aur Ek Minute 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Kenneth Hagen 5.30 Potters House 6.00 Bishop Henry Ferdenandez 6.30 Global Harvest Force 7.00 Jack van Impe Presents 7.30 This is Your Day 8.00 Kids Club 8.30 Storykeepers 9.00 Edges 9.30 Voice of the Covenant 10.00-11.00am Coates and Company

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 3.19am Ask the IFA 4.15 Bloomberg Money 5.15am Press Review

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 12noon Parliamentary Coverage 2.00pm PM's Questions 2.30 Hearts and Minds 3.00 Wales 5.00 Parliamentary Coverage 11.30-12midnight Straight Talk

THE HISTORY CHANNEL
WORLD PACK

12noon
The Lost Legions of Rome
12.55pm
Photos for the Future
1.00 Weapons at War
Famous Small Arms
2.00 Biography
Nicolae Ceausescu
3.00 World War I
Wilson and War
3.30 Men in Crisis
MacArthur vs Truman
4.00 The A-Bomb Spy Ring
4.30 Rain of Ruin
The Atomic Bombing of Japan
6.00 Bombs, Rockets and Missiles
Documentary series
7.00 Biography
Nostradamus
8.00 Biography
James Cagney
9.00-10.00pm
Dragons
Myths and Legends

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Star Wars Special at 1.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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SX 38 92	Double			£21.99	
SX 38 93	King Size			£26.99	

Full Bed Set

SX 38 94	Single			£24.99	
SX 38 96	Double			£36.99	
SX 38 98	King Size			£42.99	

Oxford Pillowcases

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Curtains and Tie-Backs Pair. Width: 167cms. [66ins.]

SX 39 04	Drop 137cms. [54ins.]			£19.99	
SX 39 05	Drop 182cms. [72ins.]			£24.99	

*A delivery charge of £2.95 per order will be added to cover postage & packaging. P&P £2.95
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Marshall Ward

Sunday 18 July

SKY PREMIER
PREMIUM CHANNEL

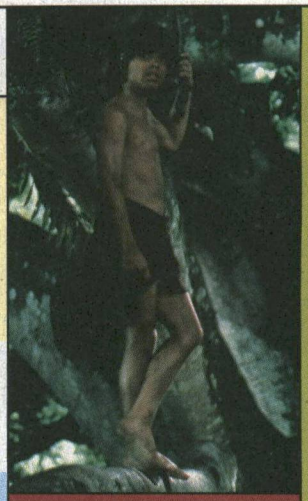
6.00am The Directors: The Films of Arthur Hiller
7.00 Big
1988, rating Sky PG, 100 mins
8.45 Magic in the Water
1995, rating Sky PG, 97 mins
10.25 Batman and Robin
Action. Text
1997, rating Sky PG, DS, 120 mins
12.30pm Hollywood Buzz
1.00 Big
1988, rating Sky PG, 100 mins
2.45 Magic in the Water
Mark Harmon, Joshua Jackson
Family adventure in which a workaholic psychiatrist and his two kids investigate the local legend 'Orky', the creature inhabiting a lake near their Canadian holiday home.
1995, rating Sky PG, 97 mins
4.30
Barry Norman's Film Night
Barry Norman delivers more of his own unique brand of movie news and reviews.
5.00 Batman & Robin
George Clooney, Chris O'Donnell, Alicia Silverstone, Arnold Schwarzenegger, Michael Gough, Elle MacPherson.
The Caped Crusader and Boy Wonder do battle with Mr Freeze and Poison Ivy for Gotham City, while Alfred lies dying. Enter Batgirl to save the day.
Text *1997, rating Sky PG, DS, 120 mins*
7.00 The Second Jungle Book: Mowgli and Baloo
PREMIERE *Jamie Williams, Bill Campbell, Roddy McDowall*
Family adventure. A live-action prequel to the animated classic, this film opens with Mowgli still living in the jungle and struggling to find his place in the world while escaping the attentions of a circus talent scout. Text
1997, rating Sky PG, 86 mins
9.00
Star Trek: First Contact
Patrick Stewart, Jonathan Frakes, Alfre Woodard, Alice Krige
Science fiction. The crew of the Enterprise come up against The Borg, who attempt to change earth's history by travelling back in time and colonising the planet. Text
1996, rating Sky 12, 106 mins
10.50 Extreme Measures
Hugh Grant, Gene Hackman, Sarah Jessica Parker
Intelligent thriller about an idealistic young doctor who uncovers a sinister world of illegal medical experiments. Text
1996, rating Sky 15, 113 mins
12.50am Far and Away
Tom Cruise, Nicole Kidman, Thomas Gibson, Cyril Cusack
Historical epic in which an Irish couple emigrate to America.
1991, rating Sky 15, 134 mins
3.10-5.00am
Postcards From the Edge
1990, rating Sky 15, 97 mins.

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Cosmic Shock
1997, rating Sky PG, 88 mins
8.00 Viper
1994, rating Sky PG, 89 mins
10.00 Spiceworld the Movie
Text *1997, rating Sky PG, 89 mins*
12noon
Mayday At 40,000 Feet!
David Janssen, Christopher George, Ray Milland
Thriller. *1976, rating Sky PG, 89 mins*
2.00pm Cosmic Shock
Thriller in which an astronomer discovers a comet is on a collision course with earth, but no one will believe him. To avert a disaster, he and his followers hijack a nuclear missile to deal with the threat.
1997, rating Sky PG, 88 mins
4.00
See You in the Morning
Jeff Bridges, Drew Barrymore, Farrah Fawcett, Lucas Haas, Alice Krige, Frances Sternhagen
Drama about a psychiatrist and his future second wife, as they contend with overcoming bad first marriages and winning over difficult step-children, on the road to their wedding.
1989, rating Sky PG, 114 mins
6.00 Viper
James McCaffrey, Dorian Harewood, Joe Nipote, Lee Chamberlain, Jason Carter
Sci-fi action adventure, set in the future, about an ex-criminal who is captured by the authorities and given a new identity as a crime-fighter – as well as a state-of-the-art crime-fighting vehicle known as 'Viper'.
1994, rating Sky PG, 89 mins
8.00 Spice World: the Movie
Melanie Brown, Emma Bunton, Melanie Chisholm, Geri Halliwell, Victoria Adams
Blockbuster musical. A hilarious spoof of the Spice Girls' lives over seven days on the run up to a concert at the Albert Hall. Features a host of cameos from British celebrities. Text
1997, rating Sky PG, 89 mins
10.00 Quadrophenia
Phil Daniels, Leslie Ash, Sting, Ray Winstone, Toyah Wilcox, Michael Elphick
Cult teen angst drama about a young working class man heavily into the mod scene, chasing women, taking drugs and getting into trouble, only to realise how phony and empty his life is. Inspired by The Who's album.
1979, rating Sky 18, 115 mins
12midnight Beavis and Butt-head Do America
Text *1996, rating Sky 12, 78 mins*
1.30am Ridicule
Drama. 1996, rating Sky 15, 98 mins
3.15 Laws of Gravity
Drama. *1992, rating Sky 18, 94 mins*
4.55-7.00am Mayday At 40,000 Feet!
1976, rating Sky PG, 89 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Blood on the Moon
Robert Mitchum, Robert Preston
Western. *1948, rating Sky U, 84 mins*
12.30pm The Racket
Robert Mitchum, Lizabeth Scott, Robert Ryan, Ray Collins
Thriller. *1951, rating Sky PG, 85 mins*
2.00 Cleopatra
Elizabeth Taylor, Richard Burton, Rex Harrison, Roddy McDowall, Martin Landau, Hume Cronyn
Monumentally epic in every sense of the word. Joseph L Mankiewicz's expensive and controversial remake of the DeMille 1934 original, charts the 18 years leading up to the formation of the Roman Empire, from Cleopatra's first meeting with Julius Caesar to her death alongside Mark Anthony.
1963, rating Sky PG, 233 mins
6.00 Seven Thieves
Edward G Robinson, Rod Steiger, Joan Collins, Eli Wallach
Light-hearted action movie about a discredited professor and sophisticated criminal who plan to do one last job. They put together a hand-picked team and meticulously draw up a plan in order to rob millions from the vault of a Monte Carlo casino.
1960, rating Sky PG, 98 mins
8.00 Sink the Bismarck!
Kenneth More, Carl Mohner, Dana Wynter, Laurence Naismith
World War II action movie. The film traces the history of the devastatingly effective German battleship which caused havoc among the Atlantic convoys. Eventually a naval strategist devises a way in which the Royal Navy can eradicate the threat.
1960, rating Sky U, 93 mins
10.00 American Gigolo
Richard Gere, Lauren Hutton, Hector Elizondo, Nina Van Pallandt, Bill Duke
Thriller in which a gigolo who services a number of high-class clients finds himself caught up in a murder. In desperation, he must seek help – but that is difficult to find in the privileged circles he plys his trade. Text
1980, rating Sky 18, 112 mins
12midnight The Night Walker
Barbara Stanwyck, Robert Taylor
Thriller. *1964, rating Sky 15, 82 mins*
1.30am Blood on the Moon
Western. *1948, rating Sky U, 84 mins*
3.00 Obsession
Robert Newton, Sally Gray
Thriller. *1949, rating Sky PG, 93 mins*
4.40-5.35am The Directors: The Films of Martha Coolidge



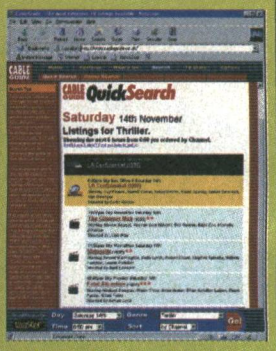
Jamie Williams stars in 'The Second Jungle Book: Mowgli & Baloo'. Sky Premier 7.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Logan's Run
Michael York, Jenny Agutter, Richard Jordan, Peter Ustinov, Farrah Fawcett-Majors, Roscoe Lee Browne, Michael Anderson
Sci-fi adventure about an idyllic future society existing in an enclosed paradise, where the inhabitants are terminated at the age of 30. As his own 30th birthday approaches, an agent charged with hunting down fugitives decides to escape and take his chances in the wasteland outside. *1976, 118 mins*
11.30 Brainstorm
Christopher Walken, Natalie Wood, Louise Fletcher
Sci-fi chiller about research scientists who invent a device that can interface with the human brain. *1983, 102 mins*
1.45am Eye of the Devil
Horror. *1967, 87 mins*
3.30-5.00am
Escape from East Berlin
Drama. *1962, 86 mins*



WANT TO KNOW WHICH ROBERT MITCHUM MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Dead
Anjelica Houston, Donal McCann, Rachel Dowling, Cathleen Delaney, Helena Carroll, Dan O'Herlihy
Drama about a couple trapped in a loveless marriage. The wife is prodded into remembering her long-dead lover, revealing to her husband that the deceased boy may have died on her behalf.
1987, 80 mins
8.00 Gloria
Gena Rowlands, John Adames, Buck Henry, Julie Carmen
Thriller. A hard-bitten ex-chorus girl reluctantly takes charge of the young, sole survivor of a family rubbed out by the Mafia. But the pair also come into possession of a set of Mafia accounts and that's when they have to go on the run.
1980, 116 mins
10.05
In the Company of Men
Aaron Eckhart, Matt Malloy, Stacy Edwards, Emily Cline
Two bored businessmen away on a six week stay in another town relieve their boredom by dating and then dumping the same woman, a deaf typist who works in the same office.
1997, rating 18, 93 mins
11.45 Hayride to Hell
12midnight Go Fish
Lesbian love story. *1993, 80 mins*
1.25am Sleeping Beauties
1.45 Irma Vep
Maggie Cheung, Jean-Pierre Léaud, Natalie Richard
Satirical drama. *1996, 94 mins*
3.20-6.00am The Heroic Trio
Martial arts adventure.
1992, 84 mins

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a big green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick.
1998, rating Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 11.00am, 1.30pm, 4.00pm, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The earth is dying so one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt.
1997, rating Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. A sacked museum guard takes his boss hostage in order to get his job back. A desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, rating Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power 7.00 Garfield and Friends 7.30 Superhuman Samurai Syber Squad 8.00 Grimmy 8.30 Tattooed Teenage Alien Fighters from Beverly Hills 9.00 The Simpsons Text 9.30 Pokémon 10.00 The Adventures of Sinbad 11.00 World Wrestling Federation – Superstars 12noon Kung Fu 1.00pm Pacific Blue 2.00 Beverly Hills, 90210

3.00 Earth 2
When Devon Adair and her crew crash-land on a planet they encounter menacing and fascinating creatures as they struggle to survive.

4.00 Star Trek: Deep Space Nine
For the Cause
Sisko is shocked to learn that his girlfriend, Kasidy Yates, may be a Maquis smuggler. Text

5.00 Star Trek: Voyager
Caretaker
The two crews must band together to escape the clutches of an alien force they come to know as 'The Caretaker'. Text

6.00 The Simpsons
Homer Simpson in Kidney Trouble
Homer offers to donate one of his kidneys to Grampa. Text
6.30 The Simpsons
They Saved Lisa's Brain

7.00 The PJs
Hangin' with Mr Super
7.30 King of the Hill
Wedding of Bobby Hill
Bobby thinks he's made his cousin Luanne pregnant.

8.00 Crusade
The Well of Forever

9.00 The X-Files
Field Trip
Scully and Mulder investigate the strange appearance of skeletons of a missing husband and wife – until Mulder himself disappears.

10.00 Basic Instincts
Do as You're Told
The influence our society has over us.
10.30 The Serial Killers
Douglas Clark

11.00
Highlander: The Series
Executioner's Song
An evil immortal is determined to destroy the lives of those close to MacLeod. Text
12midnight LAPD
More from the ground-breaking reality series.
12.30am LAPD
The LAPD investigate when flames threaten to engulf an apartment building and a trailer park.
1.00 Strange Luck Text
2.00-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels 7.35 Angels 8.00 Angels 8.30 Blake's Seven
Redemption
9.30
Dr Who and the Stones of Blood
11.20 Dallas Omnibus
1.00pm FILM: Press for Time
Norman Wisdom, Angela Browne, Derek Bond, Derek Francis
British comedy. *1966*

3.00 The Bill Omnibus
Pearce struggles with a false confession, while McCann is in hot water over a false arrest. Will the case against an armed robber collapse because Carver and Jarvis haven't got enough evidence? It's all down to the CPS. An ill wind blows through Sun Hill when McCann and Jarvis discover a man unconscious in a deadly cocktail of gasses.
5.25 Ask the Family
The general knowledge quiz show presented by Alan Titchmarsh in which families compete against one another.

6.00 HeartBeat
End of the Line
Greengrass tries to take advantage of the situation when Nick investigates a break-in at a remote farm.

7.05 The Good Life
The Anniversary
Seventies sitcom about a couple who become self-sufficient.
7.45
Keeping Up Appearances
Sitcom about a snob whose family persist in letting her down.
8.25 Porridge
Rough Justice
Classic comedy series about the inmates of HM Slade Prison.

9.05
Harry Enfield and Chums
Comedy with Harry and regular chum Paul Whitehouse.
9.45
Harry Enfield and Chums
More comedy classics from Harry Enfield and his chums.
10.25 Hamish Macbeth
The Lochdubh Assassin
Isobel briefly returns to Lochdubh to help two Glasgow friends escape from a gang of hoods, and Lachie Jnr lodges them at his funeral parlour.
11.30 NYPD Blue
Tempest in a C-Cup
American police drama series.
12.35am Ruby Wax Meets... Burt Reynolds
1.10 Whatever Happened to the Likely Lads?
1.45 Funny for Money
2.25 Colin's Sandwich
3.00-7.00am Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Ready, Steady, Cook 9.30 TV Dinners 10.00 The Roseanne Show 10.30 Brookside Omnibus 12.30pm
FILM: Miracle on 34th Street
Edmund Gwenn, Maureen O'Hara
Fantasy. *1947*
2.20 FILM: This Can't Be Love
Katharine Hepburn, Anthony Quinn
A retired screen legend finds her emotions in chaos when a man she last saw 50 years ago comes back into her life. Again her former lover turns on the charm, but now with an ulterior motive. *1994*

4.10 Fashion Emergency
Makeover show with supermodel Emme and the team.
4.35 The Wedding Show
Programme following couples preparing for their big day.
5.05 Trauma Center
Series following real-life cases on the emergency ward.

6.00 Special Babies
Documentary series on babies born with special needs, their parents, and the medical staff who care for them.

7.00 Life, Camera, Action
Amazing real-life drama caught on camera.

8.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
8.30 The Dating Game
Guests choose between looks and personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Sex Bites
Raunchy fun with the effervescent Katrina Buchanan.
11.00-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Dempsey & Makepeace 7.00 Plus on Plus 7.30 Beadle's About 8.00 Doctor at Sea 8.30 Supersonic 9.00 Dempsey & Makepeace 10.00 On Style 11.00 The Saint 12midnight The Love Boat 1.00pm Poirot 2.00 Return to Eden
Mini drama series.

3.00 Classic Coronation Street – The Omnibus
Omnibus edition of the week's events in this classic soap set in the most famous street in Britain.

5.30 Time After Time
Working with Conviction
Kenny finds it difficult to get a job.

6.00 The Benny Hill Show
More fun with Benny as he brings you all your favourite characters and performs the pop festival to end all pop festivals, including a preview of one of his records.
7.00 Poirot
The Mystery of Hunters Lodge
Detective drama series.
Hastings and Poirot accept an invitation to a grouse shoot at a friend's estate.
8.00 Return to Eden
Dennis and Bill are caught in yet another corporate battle with Jake Sanders and Angelo tries to come to terms with Eddie King's death.
9.00 The Knock
The boys investigate a heroin job and gold smelting equipment is found in a scrap yard.

10.00-11.00pm
The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Weekly biking magazine programme, with Jeff Stone.
11.30 Pro-Superbike
Action-packed programme presented by Chris Carter.
12midnight Through the Gears
Weekly international motoring and bike sport magazine show. Presented by Merrick Beesley.
12.30am 4 Wheels
Weekly motoring magazine.
1.00 Biker's Night Off
Quiz show for bikers, hosted by Paul Johnston and Wayne Kershaw.
1.30-2.00am Motor Week

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 Winnie the Pooh 7.00 101 Dalmatians 7.20 Little Mermaid 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids 9.00 Double Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs 1.30 FILM: The Love Bug
Family adventure. *1968*

3.15 Classic Toons
3.30 Goof Troop
Goofy fans watch out – the superstar's gone mad in his own cartoon series. Text

4.00 101 Dalmatians
Canine capers and daring doggy deeds. Text
4.30
Hercules: The TV Show
Hercules and the Trojan War Text

5.00 Crash Zone
No News Is Good News
While Alex is away, a woman claiming to be a news journalist arrives to do a feature and Mike is all for co-operating. Text

6.00 Smart Guy
The Achy Breaky Heart
Marcus and Mo seem unable to keep their band together. Text
6.30 Boy Meets World
Hometown Hero Text

7.00
FILM: Disney's Cinderella
Whitney Houston, Brandy
Rodgers and Hammerstein's musical version of this classic fairy tale. *1997* Text

8.25 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
9.10 Dinosaurs
Based on an idea by Jim Henson, this series takes an unusual view of human problems, using state-of-the-art puppetry and audio-animatronics. Text
10.00 Home Improvement
Let's Go to the Videotape
11.00 Flipper Text
11.45-12midnight Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

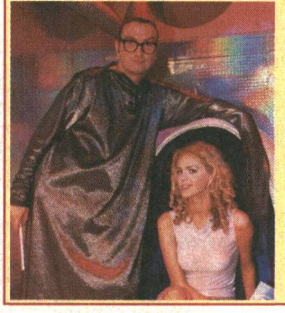
6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
Quadrophenia
Sky MovieMax 9.30pm
Inspired by The Who's concept album, songs from which drive the soundtrack, this gritty tale of emotionally troubled mod upstart Jimmy (Phil Daniels) is excellent in its evocation of the early Sixties. Ray Winstone, a tight-lipped Sting and Leslie Ash also appear.

GENERAL
The Simpsons
Sky One 6.30pm
A particularly scathing new episode; a contest is launched to find the most disgusting person in Springfield. Lisa is horrified at the spectacle and hooks up with a secret society of the town's finest minds to stop such degradation. Stephen Hawking provides the guest voice.

ADVERTISEMENT



THE COOLER
10.30PM
Donna Air and Quiz Wizard gather together three more contestants trying to prove who has the best knowledge about sex, entertainment, food, sport and stuff. There are questions to answer, as well as mad physical challenges.

Sunday 18 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM – MORNING

7.30am Athletics
8.15 Rally
8.30 Motorcycling – LIVE
9.30 Motorcycling – LIVE
10.00 Motorcycling – LIVE
Coverage of the German Grand Prix in Sachsenring.
2.00pm Cycling – LIVE
Live coverage of the Tour de France. Today's stage covers the 189km from Castres to Saint-Gaudens.

3.00 PM

4.00 PM

4.30 Cycling
Highlights of today's stage of the Tour de France.

5.00 PM

5.30 Rally
Action from the FIA World Rally Championship in New Zealand.
5.45 NASCAR
Action from the Winston Cup Series in Loudon, USA. The first of the two Winston Cup races at the New Hampshire International Speedway.

6.00 PM

7.00 PM

7.00
Champ Cars – LIVE
Action from the 11th round of the FedEx Championship Series in Toronto, one of five races to be held outside the USA. Last year's winner was Alex Zanardi, ahead of Michael Andretti, five-time winner at Toronto, and Jimmy Vasser.

8.00 PM

9.00 PM

9.00 Cycling
Highlights of today's stage of the Tour de France from Castres to Saint-Gaudens.

10.00 PM

10.00 Sportscentre
10.15 Rally
Coverage of the FIA World Rally Championship.
10.30 Motorcycling
Action from the German Grand Prix in Sachsenring.

11.00 PM – NIGHT TIME

12.00

12midnight-12.30am
Four Wheels Drive
Action from the Formula 4x4 Off Road in Reykjavik.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am International Rugby Union: Tri-nations – Australia v South Africa
8.00 Aerobics Oz Style
8.30 Extreme Sailing
9.00 Fight Night
11.00 Cricket: County Challenge - Kent v New Zealand - LIVE
1.15pm Second Innings: Alec Stewart
1.45 Cricket: County Challenge – Kent v New Zealand – LIVE
Live action from the final session in the County Challenge match between Kent and New Zealand. After the excitement of the ICC Cricket World Cup, New Zealand turn their attention to the four-day code with a tough match at Canterbury.

6.00 European Drag Racing
Action from the Santa Pod Raceway.
6.30 Motor Racing: Legends Cars
7.00 Extreme Sailing
Showing the most daring seafarers in action risking life and limb.
7.30
Super League – LIVE
Join Eddie Hemmings and Mike Stephenson for the latest live action from the JJB Super League as two teams battle it out for those all-important points.

10.00 Motor Cycling: German GP
Action from the German Motorcycle Grand Prix in Sachsenring. Michael Doohan is the reigning 500cc world champion, but his serious crash last May blew the championship race wide open. Max Biaggi is now the pretender to the crown.
12midnight European Drag Racing: Drag Racing
Action from the second leg of the FIA European Drag Racing Championship.
12.30am-2.30am
Super League
Highlights of the latest action in the JJB Super League.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Football Special : Australia v Manchester United – LIVE
8.00 Golf: Formula One Drivers Charity Golf Day
9.00 Soccer Extra: April Review
12noon
Copa America Football: Copa-3rd/ 4th Play-Off
Repeat from Saturday
2.00pm Pool: World Pool Championship – LIVE
The Cardiff International Arena is the venue for the World Pool Championship as the live action continues on day two. The total purse of this competition is a cool $250,000, with $60,000 on offer to the eventual winner. The event features all the major names from the world of pool, including American legend Earl 'the Pearl' Strickland and German stars Thomas Engert and Oliver Ortmann.
5.30
Karate: ISKA Karate
Action from the World Breaking Championships in Orlando, Florida.
6.30 Athletics: Jacobs Creek Steingarten Challenge
Top class athletics event.
7.00
Motor Racing: Indy Race League – Atlanta
Action from another leg of the popular Indy Race League. The famous one-and-a-half mile Atlanta Motor Speedway Oval plays host. The man to watch is Kenny Brack, the defending champion.
9.00 Copa America Final - LIVE
Live action from the Copa America final in Paraguay's Pedro Juan Caballero stadium. Brazil are the defending champions, having beaten Bolivia 3-1 in the bi-annual tournament's 1997 final, and they are hoping that superstars like Ronaldo and Rivaldo can steer them to glory once more. Bitter rivals Argentina are desperate to escape their near-neighbours' shadows this time around.
12midnight Football Special: Australia v Manchester United
A pre-season clash between the formidable treble-winners and Australia's national side.
2.00-4.00am
Motor Racing: Indy Race League – Atlanta 500

SKY SPORTS 3
PREMIUM CHANNEL

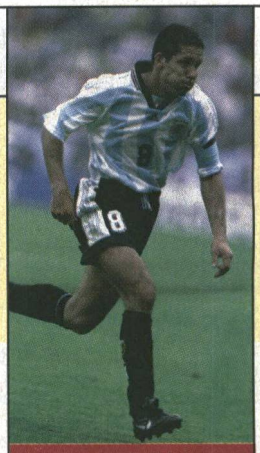
9.00am Major League Baseball: New York Yankees v Atlanta Braves
12noon Motor Racing: Legends Cars
12.30pm
European Drag Racing
1.00 Karate: ISKA Karate
2.00 Motor Racing: Indy Race League - Atlanta
Action from another leg in the popular Indy Race League. The famous one-and-a-half mile Atlanta Motor Speedway Oval plays host. The man to look out for is Kenny Brack, the defending champion.

4.00 Table Tennis: Brazilian Open
Action from the Brazilian Open, as the latest leg of the ITTF Tour hits Rio De Janeiro.
5.00 Copa America Football: Copa 3rd/4th Play-Off
Highlights from the third and fourth place play-off in the Copa America. Mexico edged out Peru 1-0 in the corresponding fixture in 1997. Brazil are the defending champions.
Repeat from Sky Sports 2

7.00 Pool: World Pool Championship - LIVE
The live frame-by-frame action continues from the Cardiff International Arena on day two of the 1999 World Pool Championship. An enthralling spectacle is guaranteed as the likes of Earl 'The Pearl' Strickland, Ralf Souquet and British snooker stars Ronnie O'Sullivan and Steve Davis aim to become kings of the green baize.

10.30 Table Tennis: Brazilian Open
Action from Rio De Janeiro. China's Guoliang Liu is the current men's number one, while Nan Wang heads the ladies' rankings.
11.30-12midnight Athletics: Jacobs Creek Steingarten Challenge

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.



Argentina's Diego Simeone may well grace the final of the Copa America. Sky Sports 2 9.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30 Red Legends
With Denis Law.
7.00 Super Match – Vintage Reds
Match action featuring one of the great United teams from the past in action.

8.00 Red Hot News
Catch up with all the latest news from Old Trafford.
8.15
Super Match Shorts
8.30 Super Match
More action from a classic match involving United.
9.30 Red Hot Update
9.35 Super Match Continued
Tonight's action continues.

10.30 Red Hot News
10.45
Super Match Shorts
Classic action in a bite-size chunk.
11.00 Fan File

11.30-12midnight Masterfan (Far East)

SCI-FI
ACTION PACK

7.30am Buck Rogers in the 25th Century 8.30 Time Trax 9.30 Cybernet 10.00 The Six Million Dollar Man 11.00 Project UFO
12noon
FILM: Star Command
Jay Underwood, Chad Everett, Morgan Fairchild
Space adventure. *1995*
2.00pm Mystery Science Theatre 3000
The Deadly Mantis
A sci-fi B movie is overlaid by wry commentary from characters who view the film and periodically appear.
3.45
Sci-Focus Special
4.00 Buck Rogers in the 25th Century
Awakening – Part 1
Frozen for 500 years, Buck returns to earth aboard the Draconian flagship.
5.00 Time Trax
Happy Valley
Darien investigates a housing development where residents are fleeing from their homes.
6.00 Project UFO
The Believe it or Not Incident
An engineering student claims he was warned by a laser blast.
7.00 Max Headroom
Deities
Carter investigates the Church of Entropic Scienses which is shown on Network XXIII.
8.00 PSI Factor – Chronicles of the Paranormal
Little People
The OSIR team discovers a population of evil trolls.
9.00 Space Precinct
Time to Kill
Haldane, Castle and Took get more than they bargained for when they raid a counterfeiting ring.
10.00 The Net
Bulls and Bears
Angela takes a job at a brokerage firm to stop the Praetorians from stealing $100 million.
11.00
Welcome to Paradox
The Extra
An ageing magnate transplants his brain into the body of his clone.
12noon The Crow: Stairway to Heaven
Double Take
1.00am
The Six Million Dollar Man
The Pal-Mir Escort
2.00 VR.5
3.00-4.00am Dark Shadows
Double bill of horror.

LIVE
CHAMP CARS
EUROSPORT 7.00PM

Another breathless evening of racing action from one of the most exciting championships in the world of motorsport. Drivers Dario Franchitti and ex-Formula 1 star Mark Blundell add a British flavour to tonight's race in Toronto. However, the man to watch is newcomer Juan Pablo Montoya who, having blazed an irrepressible trail posting three consecutive wins in the early season, heads the driver rankings and is sure to be well positioned on the grid.

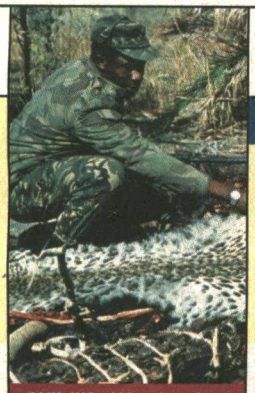
ITV2
ACCESS PACK

9.25am Home and Away
Omnibus edition.
11.15 Emmerdale Omnibus
12.35pm The Wombles
12.45 Sherlock Holmes in the 22nd Century
Animated sci-fi adventure.
12.55 CD UK
The music chart show with live acts in the studio and bands on the road.
1.55 Pump It Up
The toughest inflatable assault course imaginable.
2.25 Wildthing
3.40 In the Wild
A celebrity goes into the wild.
4.40
Coronation Street Omnibus
This week's episodes.
6.30 Who, What, Why?
Nick Owen presents a current affairs programme that aims to make the week's big story easily understood, with expert analysis.
7.00
Trevor McDonald Meets...
7.30 Wide Angle
8.00 Soap Fever
9.00 Babes in the Wood
Sitcom about a divorced wheeler-dealer who lives next to three feisty girls.
9.30 Rory Bremner in Mozambique
10.00 See-saw
12midnight Chequered Flag
1.00am Beach Volleyball
1.30-2.00am Who, What, Why?

TELEVISION X
ADD-ON CHANNEL

12midnight Ten Minute Preview
12.10am Viewers' Wives
12.20 FILM: Boogie Girls
1.00 Five Minute Free View
1.05 FILM continues
1.30 FILM: The Kiss
2.40 FILM: Wicked Web
3.50-4.00am Jerrica Fox

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



'Wildlife Warriors' looks at the war against poachers. National Geographic Channel 8.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Proposals 10.00 Bangers & Smash 10.30 Mis-Match of the Day 11.00 Boys' Toys 11.30 Lie Detector 12noon Fashion Show 12.30pm No Tomorrow 1.00 Agony Omnibus 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
4.30 Judge Judy
More domestic disputes are taken to the courtroom and adjudicated by Judge Judy Sheindlin, who takes no nonsense.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00 The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00 Bangers and Smash
Stock car racing action.
8.30 Mis-Match of the Day
Celebrity football challenge.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
Apocalyptic last wishes.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Strip Masterbrain
11.45 Painted Ladies
12midnight Compromising Situations 12.30am Private Dancer 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Strike it Lucky
With Michael Barrymore.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30 The Games Room
6.40 Candid Camera
7.15 The Games Room
7.25 Roll with It!
Hosted by Keith Chegwin.
7.55 The Crystal Maze
Adventure fantasy programme with an eclectic collection of games and challenges, both mental and physical. Presenter Richard O'Brien.
9.00 Stars in Their Eyes
Giving amateur singers the chance to be a star.
9.45 The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in this brand new late-night quiz.
11.00 Celebrity TV Bloopers
The mistakes that the stars hoped you would never see, exposed in all their uncut glory.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Second Guess 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network Daily 9.30 Coxon's Kitchen College 10.00 A Taste of England 10.30 Food for Thought 11.00 Tastes of Britain 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Aldo and Friends 1.00 Gordon Ramsay's Passion for Flavour 1.30 A to Z of Food and Beauty 2.00 Three Chefs in the Cape 2.30 Food Network Daily 3.00 Superchefs 3.30 An Umbrian Kitchen 4.00 Rustie's Real Cooks 4.30-5.00pm Simply Baking

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Teaching, Demonstrating and Home Economy
5.30 Get Smart
Don't Look Back
6.00 I Spy
The Trouble with Temple A Spanish movie producer uses his girlfriend in a death plot against Kelly and Alex.
7.00 The Upper Hand
Come Dancing
7.30 Goodnight Sweetheart
Wish Me Luck...
Yvonne may get promoted.
8.00 A Woman of Substance
Drama based on the international best-selling novel by Barbara Taylor Bradford.
9.00 The Paradise Club
Unfrocked in Babylon
Drama series about two brothers who inherit a drinking den.
10.00 The Ruth Rendell Mysteries
A Sleeping Life
When a woman's body is found DCI Wexford's only lead, is a new wallet.
11.00 Hill Street Blues
Domestic Beef
Furillo hears the case of an officer in a Board of Rights hearing.
12midnight I Spy
The Trouble with Temple
A movie producer uses his girlfriend in a death plot.
1.00am-2.00am Soldier, Soldier
The Last Post
The King's Fusiliers prepare for a beach landing attack.

ANIMAL PLANET
WORLD PACK

12noon Wild Rescues 12.30pm Wild Rescues 1.00 Wild Rescues 1.30 Wild Rescues 2.00 Wildlife ER
The American-based Wildlife Centre offers unparalleled medical technology.
2.30 Wildlife ER
The American-based Wildlife Centre provides a special trauma centre.
3.00 Wildlife ER
The American-based Wildlife Centre offers a team of experts providing care to a variety of animals.
3.30 Wildlife ER
4.00 The Flying Vet
The New Vet
4.30 The Flying Vet
Farewells
In Australia the flying vets travel to the injured.
5.00 Emergency Vets
An owner unable to pay for her dog's treatment gets an unexpected surprise.
5.30 Emergency Vets
The vets treat a small dog.
6.00 Emergency Vets
A behind-the-scenes look at the work of a busy veterinary practice.
6.30 Emergency Vets
Docu-drama.
7.00 ESPU
Documentary on the fight against poaching.
7.30 ESPU
A report on the trade in endangered animals.
8.00 ESPU
Documentary on the fight against poaching.
8.30 ESPU
A look at the Endangered Species Protection Unit.
9.00 Animal Detectives
Walrus
9.30 Animal Detectives
Monkeys
10.00 Animal Detectives
Bears
10.30 Animal Detectives
Whales
11.00 Emergency Vets
A behind-the-scenes look at a veterinary practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Now Get out of That 7.30 Now Get out of That 8.00 Hunt for the Doomsday Asteroid 9.00 Decisive Weapons 9.30 Decisive Weapons 10.00 Decisive Weapons 10.30 Decisive Weapons 11.00 Decisive Weapons 12noon Your Life in Their Hands 1.00pm Rocky Mountain Cowboy 2.00 War of the Termites 2.30 Blubber Lovers

3.00 The Private Life of Plants
Surviving
David Attenborough reaches the climax of his journey into the plantworld.
4.00 The Temple Troop
Roshan Seth narrates the story of a year in the life of an unruly group of macaque monkeys.
5.00 Animal Hospital
Rolf Harris catches up with the action at the RSPCA.
5.30 BG Wildlife Photographer of the Year
6.00 Tomorrow's World Plus
The show includes filmed reports about the future of technology and interviews with scientists.
7.00 Disaster
A Major Malfunction
7.30 Meet the Ancestors
The Ultimate Sacrifice
With Julian Richards.
8.00 Full Circle with Michael Palin
Australia and New Zealand
Michael Palin circles the Pacific Rim through 18 countries.
9.00 New Star in Orbit
Looking at the building of the International Space Station, the largest object to be sent into orbit.
10.00 What Sort of Gentleman Are You After?
A look at Melbourne's most successful legal heterosexual prostitute.
11.05 Hollywood Kids
Kids from Hell
12.05am-1.00am Love Story

UK PLAY:
1.00am The Fast Show 1.35 The Fast Show 2.15 The Fast Show 2.50 The Fast Show 3.30 The Fast Show 4.05 The Fast Show Xmas Special 5.00 Jamie Theakston's Pick 'n' Mix 5.30 The Sound of Play 6.00-7.00am Funny Noise

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden Livetime 7.00 View 7.50 Passions 8.00 Pet Show 8.30 Roddy Llewellyn 9.00 Montel Williams 10.00 Intimate Portrait 10.50 Passions 11.00 Julia Carling 11.30 Gardeners' Diary 12noon Rosemary Conley 12.30pm Gorgeous Gardens 1.00 Homes 1.30 Velvet Ropes 2.00 View

3.00 The Pet Show
The ultimate guide to man's best friend.
3.30 Cook's Garden
Presented by Toby Buckland.
4.00 The Montel Williams Show
Jeannie White – Mom of Ryan
With U.S. chat show host Montel Williams.
5.00-6.00pm Intimate Portrait
Lauren Hutton
The woman who changed America's idea of beauty.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Mystery of the Neanderthals
Travel 35,000 years back in time.
7.30 Maya Mysteries
A dramatic discovery.
8.00 Wildlife Warriors
Venture into the combat zone of Botswana's war against poachers, exploring alternative solutions to poaching.
9.00 Ice Tombs of Siberia
Russian archaeologists share their secrets.
9.30 Mystery of the Crop Circles
10.00 Wild Willy
In Norway, when the herring move in to spawn, so do the killer whales.
10.30 Silence of the Sea Lions
11.00 Kalahari
Kalahari explores the problems of life in a harsh environment, where there is searing heat and a lack of standing water.
12midnight Antarctic Challenge
National Geographic Channel accompanies photographer Gordon Wiltsie and adventure writer Jon Krakauer.
12.30am-1.00am Gauchos
Explore a particular culture.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 FILM: Access Denied 11.30 Adult Stars Close-Up 12midnight Freeview 12.12am Filthy First Timers 12.35 Fräulein Debutantes 12.50 Andy Cam: Juicy QC 1.15 FILM: Gold Diggers 2.30-4.00am FILM: Wild Innocence

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 10.00 Hit List UK 12noon News 12.30pm Jamiroquai: Access Most Areas
Zane Lowe hangs backstage with the acid-jazz funksters as they complete their hugely successful UK tour.
1.00 Total Request 2.00 European Top 20 3.00 Bytesize MTV 3.30 UK Singled Out 4.00 Select MTV 6.00 News 6.30 Essential All Saints 7.00 Biggest Hits of the 90s Weekend 10.00 Say What?? 10.30 MTV Live 11.00 brand:new 12midnight The Late Lick 1.00am Say What?? 1.30 MTV Live 2.00 Night Videos

VH1
MUSIC & GAMES PACK

6.00am Pop-Up Video 10.00 Something for the Weekend 12noon Pop-Up Video 1.30pm Ed Sullivan 2.00 Clare Grogan 3.00 Talk Music 3.30 VH1 to One 4.00 Pop-Up Video 8.00 The VH1 Album Chart Show 9.00 The Kate and Jono Show 10.00 Behind the Music: Tom Petty NEW 11.00 Around and Around 12midnight Soul Vibration 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Rough Guide 8.30 How Does Your Garden Grow? 9.30 Geoff Hamilton – A Man and his Garden 10.00 Peter Seabrook's Gardening Week 10.30 Travels à la carte 11.00 Antonio Carluccio's Italian Feast 11.30 Wine World 12noon A Taste of Africa 12.30pm Delia Smith's Summer Collection 1.00 Coast to Coast 1.30 Rough Guide 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm The Arena 100 3.25 The First, the Last, My Everything 3.55 FILM: Letter from an Unknown Woman *1948* 5.30 The Impressionists 6.00 Carole King in Concert 6.30 The Cars 7.15 UB40 8.05 Arena People: Sam Shepard 9.05 Playhouse: The Importance of Being Earnest 11.00 Reviews You Can Use 11.20 The Cars 12.10am Arena People: Sam Shepard 1.00-3.00am Playhouse: The Importance of Being Earnest

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Sunday 18 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Global Gardens 6.30 Drive 7.00 Our House 7.30 Our House 8.00 This Old House 8.30 This Old House 9.00 Total Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt 10.30 Hometime 11.00 Hometime 11.20 The Home and Leisure House 11.30 The New Yankee Workshop 12noon It's Your Bid 12.30pm Drive 1.00 This Old House 1.30 This Old House 2.00 A River Somewhere 2.30 The Diceman USA 3.00-4.00pm Scrapheap

DISCOVERY
WORLD PACK

4.00pm
Wings of Tomorrow
Eyes in the Sky
A look at how the future of aerial reconnaissance is taking flight, without a pilot.
5.00
Titanic's Lost Sister
Documentary which tries to solve the mystery surrounding the disaster of the *Titanic*'s sister ship.
6.00 Jurassica
Dawn of the Dinos
A look at how dinosaurs survived for so long, and how they lived with other mammals.
7.00
The Crocodile Hunter
Wildest Home Videos
Out-takes and a behind-the-scenes look at what makes a croc hunter.
8.00 Lonely Planet Specials
Food
A new series combining some of the best moments so far from *Lonely Planet*.
9.00 Lonely Planet Specials
Treks
A look at the best treks on offer around the world, including a visit to Chile.
10.00 Lonely Planet Specials
Beaches
New footage of some of the most remote and least known sandy hotspots.
11.00 Lonely Planet Specials
Festivals
A calendar of some of the world's most exciting cultural celebrations.
12midnight
Discover Magazine
Invisible Enemies
1.00am-2.00am
Justice Files
Mercy or Murder
Looking at whether a family has the right to decide if a relative should live or die when they are terminally ill.

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino 7.30 Looney Tunes 8.00 Powerpuff Girls 8.30 Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon The Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby-Doo 2.00 Animaniacs 2.30 The Mask

3.00 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
3.30 Johnny Bravo
Cartoon comedy.
4.00 The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Ed, Edd 'n' Eddy
Animated action.
5.30
Cow and Chicken
More comedy from the mismatched siblings.
6.00 Freakazoid!
On-line adventures with the unlikely superhero.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Batman
The Caped Crusader fights evil in Gotham city.
7.30 Superman
The Man of Steel returns to protect mankind.
8.00 Captain Planet
Animated adventures.
8.30-9.00pm
The Real Adventures of Jonny Quest

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Extreme Ghostusters 7.30 Extreme Ghostbusters 8.00 Cousin Skeeter 8.30 Sister Sister 9.00 Kenan & Kel 9.30 Sabrina The Teenage Witch 10.00 Rugrats 10.30 Rugrats 11.00 Doug 11.30 Doug 12noon The Wild Thornberrys 12.30pm The Wild Thornberrys 1.00 The Ren & Stimpy Show 1.30 The Ren & Stimpy Show 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00 Kenan & Kel
Adventures with the two funky friends.
3.30 Kenan & Kel
Funky adventures with the two friends.
4.00 Sister Sister
Comedy with the identical twin sisters.
4.30 Sister Sister
Comedy with sisters Tia and Tamera.
5.00 Sabrina The Teenage Witch
Bewitching comedy.
5.30 Sabrina The Teenage Witch
6.00 Moesha
6.30-7.00pm Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Free Billy
Tia and Tamara rescue a pig from a wrathful trainer.
7.30 Jenny
8.00 Desmond's
Comedy based in a Peckham barber-shop.
8.30 Mad About You
Neighbours from Hell
Comedy series.
9.00 Frasier
Sweet Dreams
9.30 Frasier
The Two Mrs Cranes
Daphne enlists Niles to pose as her husband.
10.00 Seinfeld
The Tape
Jerry tries to identify a mysterious woman.
10.30 Seinfeld
The Nose Job
11.00
The Jack Dee Show
Stand-up comedy.
11.00 Vic Reeves Big Night Out
Also with Bob Mortimer.
12midnight Comedy Network
12.30am The People Vs Jerry Sadowitz 1.00am Morwenna Banks Show 1.30 Still in Bed with MeDinner
2.00 Mad for It 2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Silver Surfer 7.15 Beetleborgs Metallix 7.40 Mortal Kombat 8.00 Summer X-Press 8.05 Power Rangers 8.30 Donkey Kong 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Casper 10.45 Eek the Cat 11.00 The Spy Dogs 11.15 Eek the Cat 11.30 Sam and Max 11.45 Eek the Cat 12noon Power Rangers in Space 2.15pm Silver Surfer 2.40 Big Bad Beetleborgs

3.05 Mortal Kombat
The chosen warriors return to combat evil.
3.30
Fox Kids X-Press
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
Cartoon comedy.
5.30-7.00pm
FILM: X-Men – The Phoenix Saga
A feature-length adventure in which the chosen warriors represent good in the fight against evil.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers.
7.00 Bargain Shop!
Shopping on a budget.
7.30 Shop! Feature
Car special, with accessories and audio equipment.
8.30 Home Office
All you need for working at home.
9.30 Travel Bag
Offers on holiday essentials.
10.00 Home Style
Transform your furniture without spending a fortune with this range of loose covers.
11.00 Do it Yourself
Hints and tips from the resident handyman.
12noon Jewellery Box
The best-selling jewellery from the past week.
1.00pm Bargain Shop!
1.30 On Screen
A choice of camcorders.
2.30 In the Garden
Gardening advice.
3.00 Sporting Brands
A range of sportswear.
4.00 Branded!
A male viewer gets a makeover.
5.00 Shop! Selection
6.00 Home Style
Tips for the home.
7.00-8.00pm
Sporting Brands

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 10.30 Science Review 11.10 Dateline 12.30pm Face in the Crowd 1.00 News 2.30 Seven Days 3.00 News 3.30 Science Review 4.00 News 4.30 Newsround 24 5.00 News 7.30 Correspondent 8.30 Seven Days 9.00 News 9.30 Reporters 10.00 News 10.30 Dateline 11.30 USA Direct 12midnight News 12.30am Simpson's World 1.00 News 2.30 USA Direct 3.00 News 3.30 Face in the Crowd 4.00 News 4.30 Dateline 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Pinnacle 6.30 Business 7.30 Artclub 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Earth Matters 12.30pm License 1.00 Report 2.30 Europe 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business Unusual 7.30 Europe 8.30 Pinnacle 9.30 Insight 10.30 Sport 11.30 Style 12midnight World 12.45am Asia Business 1.30 Science & Technology 3.00 World Today 3.30 Artclub 4.30-5.00am Pinnacle Europe

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Adam Boulton 1.30 Fashion TV 3.30 Book Show 4.30 Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 Book Show 9.30 Showbiz Weekly 11.30 Week in Review 12.30 CBS Evening News 1.30 Sunday with Adam Boulton 2.30 Fox Files 3.30 Book Show 4.30 Week in Review 5.30-6.00am CBS Evening News

INTERNATIONAL

3SAT 5.50am 7 Tage Anders 6.00 Zeugen 7.00 Alpenpanorama 8.00 Zeit im Bild 8.05 Lyrik für Alle 8.15 Anläßlich 9.40am Literaturclub 8.15 Herbert von Karajan 12noon Zeit 12.05pm Wochenschau 12.30 Rückblende 12.45 Das Elbsandsteingebirge 1.45 Offen 2.10 Trotzkis 3.00 HiTec 3.30 Höllenfahrten 4.15 Tierporträt 4.30 Teletips 5.00 Tagebuch 5.15 Rundschau 6.00 Heute 6.08 Wetter 6.10 Weite Welten 7.00 Tagesschau 7.15 Leib 8.00 Schätze 8.15 Fremde 8.45 Prove 10.30 Kommissar 11.30-12midnight Dennis Hopper

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Bus et Compagnie 7.00 Journal de Radio Canada 7.30 Zone X 8.00 Infos 8.05 Bus et Compagnie 9.00 Journal 9.15 Le Paradis des Autres 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Francofolies 11.30 Journal France

12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Jeux Sans Frontière 3.00 Journal 3.15 Questions 3.30 Kiosque 4.00 Infos 4.05 Kiosque 4.30 Questions pour un Champion 5.00 Journal 5.15 L'Histoire en Chantant 7.00 Journal Belge 7.30 Journal France et Le Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de L'Étape du Jour 9.00 Le Journal Télévisé TV5 9.15 Le Diable en Sabot 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Bhakti Sagar 9.00 Viswaas 10.00 Holy Quran 10.30 Jai Veer 11.00 Dhur Ki Bani 11.30 Variety 12.30pm This Week 1.00 Business 1.30 FILM 4.00 BPL Oye 5.00 Eurospice 5.30 Aainey 6.30 Asianet Aur Aap 7.00 Daal Mein Kala 7.30 Bhai Hamne 8.00 Main Anari 8.30 FILM 11.30 News 12midnight Main Anari 12.30am Aur Aap 1.00 FILM 4.00 Indipop 4.30 Aainey 5.30 Bhai Hamne 6.00 Chand Ghazalien 6.30 DD News 7.00-7.30am Bhule Bisre

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 7.00 Faith: Sikh 7.30 News 8.00 Namaste India 8.30 Best of India 9.00 Aap Ki Adalat 9.30 Out and About 10.00 Mahabharat 11.00 Tandoori Masala 11.30 Health Show 12noon FILM 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Dhoop Kinarey 5.30 Super 7 Muqabla 6.30 Adhikar 7.00 Antakshari 8.00 News 8.30 Neeyat 9.00 FILM 12midnight News 12.30am Karobari Duniya 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM 5.00 Song Yatra 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Chronicles of Revival 5.30 Abundant Life Today 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 Taking Authority 8.00 Winning Ways 9.00 Life is for Living 9.30 Charles Stanley 10.30-11.00am This is Your Day

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 2.19am Technology Report 4.24 Sports 5.45am Roundtable

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12.00 America 3.00pm Scotland 3.30-12midnight Lords

THE HISTORY CHANNEL
WORLD PACK

12noon Bombs, Rockets and Missiles
1.00pm Biography
Nostradamus
2.00 Biography
James Cagney
3.00 Dragons
Myths and Legends
4.00 The Hindenburg
6.00 Inca
Secrets of Ancestors
Witness the conquest of an Inca ruler
7.00 Sing Sing
The legendary history of Sing Sing, direct rival to the Eastern State Penitentiary.
8.00 Biography
Robert Mitchum
Profile of the acting legend.
9.00-10.00pm
The Search for the Abominable Snowman
Does an eight-foot-tall hairy, half-human creature actually roam the Himalayas?

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

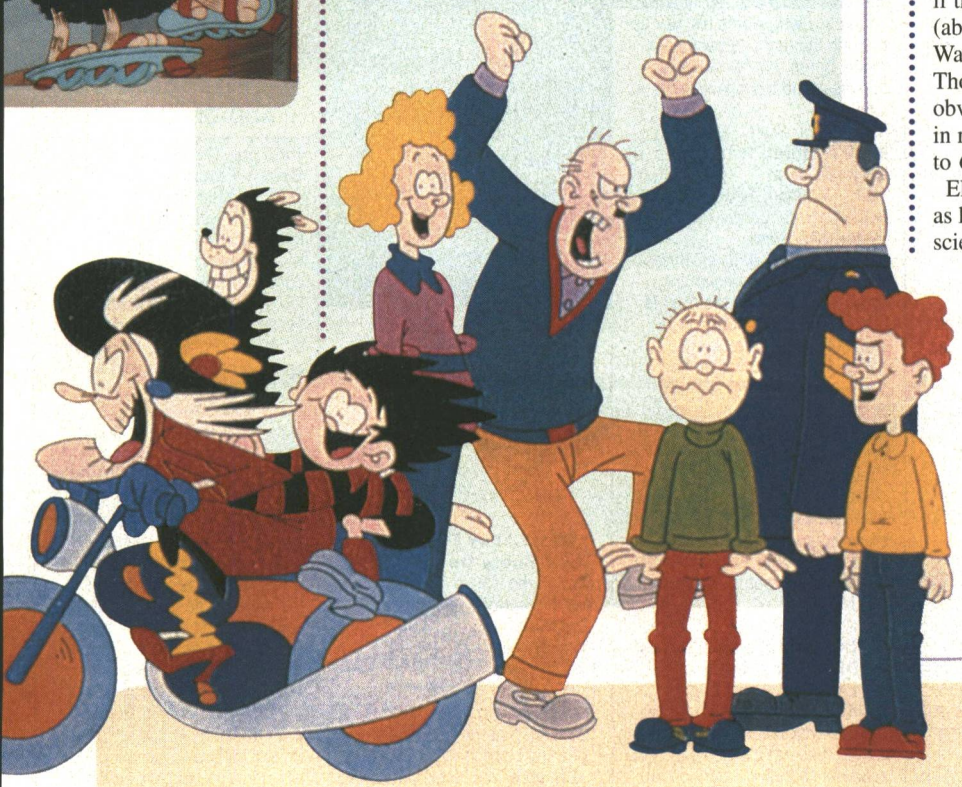
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and 22ct Gold at 10.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Who's Beano bad boy?

You can catch a whopper weekend of *Dennis and Gnasher* on Fox Kids in July. To coincide with the Wimbledon weekend you can follow the smashing exploits of the darstardly Dennis and his mutt fighting pirates on the high seas, discovering Dennis's Dad's childhood diary and being marched into the wilderness, plus much more! Featuring some massive misdeeds completely new to Fox Kids, there is bound to be trouble!

Anyone for Dennis? Saturday 3rd-Sunday 4th, 6.00am-11.50am



Tom, Nick and Honey

Viewers of Disney's *Honey I Shrunk the Kids: The TV Show* would no doubt recognise actor Thomas Dekker if they passed him in the street. Or would they? Thomas (above) plays Nick Szalinski, son of madcap inventor Wayne, in the hit series, but the similarilities between Thomas and Nick are few and far between. OK, so they obviously look alike, but Thomas doesn't wear glasses in real life and 'without them I'm not Nick', he reveals to *Cable Guide*.

Eleven-year-old Thomas is not as scientifically minded as his counterpart either. 'I'm not at all as smart at science as Nick,' he confesses. 'Art and English are my strongest subjects. I would actually like to be a director. I'm writing a little script at the moment.' Does he share the Szalinski passion for inventions? 'I really love to travel, but I hate waiting around,' he says. 'So if I could create anything, I'd make an invention that by the flick of a switch I could be anywhere. That would be so fun!' Sounds as though Thomas has something in common with Nick after all!

Disney's Honey I Shrunk the Kids: The TV Show, Disney Channel, daily following The Wonderful World of Disney

The world's your oyster!

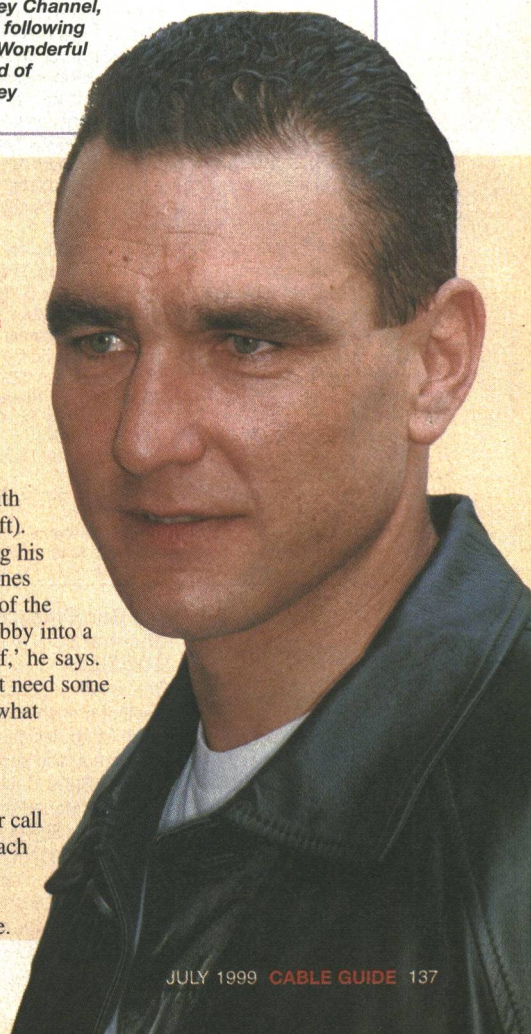
What are your hobbies and interests? What would be the job of your dreams? There's no reason why your future career shouldn't reflect what you are really passionate about

Sky Television has developed Reach for the Sky, a scheme aimed at encouraging teenagers to make the most of the career opportunities they will have in the new millennium. Backing the campaign are a host of celebrities including footballer and film star Vinnie Jones (right and below), presenter and model Melanie Sykes and Boyzone's Ronan Keating (both pictured below with Sky Television's Elisabeth Murdoch, left).

Having initially seen himself following his father into the building trade, Vinnie Jones went on to fulfil his dream: 'I was one of the lucky ones who was able to turn my hobby into a career through hard work and self belief,' he says. 'Today's teenagers can do the same, but need some real advice about their futures. That is what Reach for the Sky offers.'

Well, don't just sit there – get active!

You can find out more on the official website – www.reachforthesky.co.uk – or call freephone 0800 096 1615 for a free Reach for the Sky magazine, which provides information and ideas for careers, produced with the help of young people.



COMPILED BY PHILIPPA BEGLIN. PICTURES: TADHG DEVLIN, ©DISNEY, FOX KIDS

Monday 19 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Princess Bride
1987, rating Sky PG, 94 mins
8.00 Forever Love
1998, rating Sky PG, 87 mins
10.00 Home Alone
1991, rating Sky PG, 99 mins
12noon Lionheart
1986, rating Sky PG, DS, 100 mins
2.00pm The Princess Bride
Mandy Patinkin, Cary Elwes, Christopher Guest, Fred Savage
Star-studded fantasy adventure about a beautiful woman who must be rescued by her one true love from a series of horrible encounters with monsters and villains.
1987, rating Sky PG, 94 mins

4.00 Forever Love
Reba McEntire, Tim Matheson, Bess Armstrong, Scott Foley
Moving emotional drama in which a young woman falls into a coma. When she awakens 20 years later she faces a very different world and reacquaint herself with her family and friends.
1998, rating Sky PG, 87 mins
5.45 Home Alone
Macaulay Culkin, Joe Pesci, Daniel Stern, John Heard
Comedy. When a family rush off to Paris on Christmas vacation, they leave behind their youngest son, who defends the house against a pair of dim-witted burglars.
1991, rating Sky PG, 99 mins
7.30
Barry Norman's Film Night
Barry's unique movie reviews.
8.00 The Chamber
Gene Hackman, Chris O'Donnell, Faye Dunaway
Thriller based on the novel by John Grisham about a young lawyer who makes a last ditch attempt to win a reprieve for his unrepentant grandfather, a man awaiting his fate on death row for murdering two young children in a bombing in 1967. Text
1996, rating Sky 15, 108 mins
10.00
The Long Kiss Goodnight
Geena Davis, Samuel L Jackson, Craig Bierko
Thrilling action movie in which a school teacher with amnesia begins to be haunted by her past. Teaming up with a private detective, she discovers that she was once a fearless secret agent fighting urban terrorism. Text
1996, rating Sky 18, 116 mins
12midnight Powder
Sean Patrick Flanery
Drama. Text *1995, rating Sky 12, 107 mins*
1.55am The Crucible
Drama. Text *1996, rating Sky 12, 118 mins*
4.00-5.45am
Never Talk to Strangers
1995, rating Sky 18, 82 mins

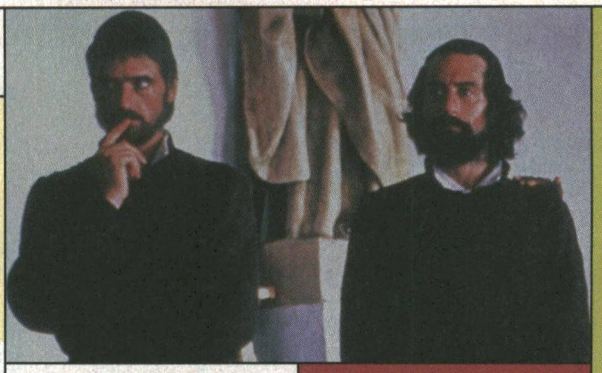
SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Love on the Edge
1998, rating Sky PG, 89 mins
9.00 Sam Churchill: Search for a Homeless Man
1998, rating Sky PG, 92 mins
11.00 Rescuers: Stories of Courage – Two Women
Text *1997, rating Sky PG, 103 mins*
1.00pm The Adventure of Sherlock Holmes's Smarter Brother
Gene Wilder, Madeline Kahn
1975, rating Sky PG, 87 mins

3.00 Love on the Edge
Sean Young, Perry King, Priscilla Barnes, David Groh
Adventure movie about a spoilt actress who finds herself stranded after a car accident and must accompany a cowboy on his cattle drive.
1998, rating Sky PG, 89 mins

5.00
Sam Churchill: Search for a Homeless Man
John Schneider, Robin Lively, Alex Rocco, Rudy Ramos
Thriller in which a private investigator faces his most challenging case after he is hired to track down the father of a client, leading him to a group of child pornographers.
1998, rating Sky PG, 92 mins
7.00 Rescuers: Stories of Courage – Two Women
Elizabeth Perkins, Anne Jackson, Sela Ward, Al Waxman
Powerful, fact-based drama about a pair of women who come to the aid of persecuted Jews during World War II, regardless of the risks to their own lives. Text
1997, rating Sky PG, 103 mins

9.00 Space Truckers
Dennis Hopper, Stephen Dorff
Futuristic action movie following an inter-galactic trucker who smuggles black market goods back to Earth, usually without trouble. However, his latest shipment proves not to be the innocuous cargo he expected but actually a team of deadly killing machines!
1997, rating Sky 15, DS, 92 mins
11.00 Killing Time
Kendra Torgan, Craig Fairbrass,
Black comedy about a hitwoman hired by a policeman to kill a vicious gangland boss.
1997, rating Sky 18, 86 mins
12.30am When Husbands Cheat
1997, rating Sky 15, 88 mins
2.05 Phoenix II
1996, rating Sky 18, 87 mins
3.35 Anna
1987, rating Sky 15, 96 mins
5.15-7.00am
The Adventure of Sherlock Holmes's Smarter Brother
1975, rating Sky PG, 87 mins



Jeremy Irons and Robert De Niro deliver powerful perfomances in 'The Mission'. FilmFour 8.00pm

SKY CINEMA
PREMIUM CHANNEL

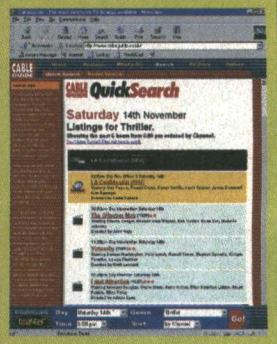
4.00pm Citizen Kane
Orson Welles, Joseph Cotten, Dorothy Comingore, Everett Sloane, Agnes Moorehead
Drama chronicling the fictional life of a humble and rather timid young boy who works his way up through the ranks to become a media baron, only to discover that life at the top is isolating and lonely.
1941, rating Sky U, 114 mins
6.00 A Guide for the Married Man
Walter Matthau, Inger Stevens, Robert Morse, Lucille Ball, Jack Benny, Sid Caesar
Star-studded comedy in which a faithful husband is shown the ropes and led down the road to adultery by a notorious philanderer, despite being married to a beautiful woman.
1967, rating Sky PG, 87 mins
8.00 Pay or Die
Ernest Borgnine, Alan Austin, Zohra Lampert, Renata Vanni
Drama, set at the turn of the century, about a New York police detective who establishes a crack squad to combat the dreaded Black Hand organisation, which was the precursor to the modern-day Mafia.
1960, rating Sky PG, 107 mins
10.00 The Life and Times of Judge Roy Bean
Paul Newman, Stacy Keach, Ava Gardner, Jacqueline Bisset, Victoria Principal, Anthony Perkins
Comic Western about the infamous 'hanging judge' of the 1870s Judge Roy Bean, a self-appointed Texas lawman who made his name by dispensing his own brand of frontier justice.
1972, rating Sky 15, 118 mins
12.05am Citizen Kane
1941, rating Sky U, 114 mins
2.05
I'll Never Forget What's 'is Name
Orson Welles, Oliver Reed
Satirical comedy.
1969, rating Sky 15, 95 mins
3.45-5.20am The President's Lady
Charlton Heston, Susan Hayward
1953, rating Sky PG, 94 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm They Died with Their Boots On
Errol Flynn, Olivia de Havilland, Arthur Kennedy, Charley Grapewin, Anthony Quinn
Western following General Custer from his days as a cadet at West Point via his commands in the Civil War to the famous Last Stand at the Battle of the Little Big Horn in 1876. Custer's marriage is touchingly portrayed, the plight of the Indian acknowledged with considerable sympathy, and the battle scenes have a real epic sweep.
1941, 134 mins
11.45 The Good Old Boys
Tommy Lee Jones, Sissy Spacek, Frances McDormand
Western. *1995, 115 mins*
2.00am
Deaf Smith and Johnny Ears
Anthony Quinn, Franco Nero
Spaghetti Western. *1973, 91 mins*
3.45-5.00am
The Devil's Saddle Legion
Western. *1937, rating, 59 mins*



WANT TO KNOW WHICH FAYE DUNAWAY FILMS ARE ON THIS MONTH? OUR NEW ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Scent of Green Papaya
Tran Nu Yen Khe, Man San Lu
Tran Anh Hung's first feature follows the life of a young Vietnamese country girl who comes to Saigon in the Fifties as the servant of a middle-class family. Western values encroach on their world as the girl grows up towards womanhood.
1993, 104 mins
8.00 The Mission
Jeremy Irons, Robert De Niro
Historical drama. As Spain and Portugal squabble over territory in South America during the 17th century, an unlikely alliance is forged between a Jesuit priest and a cynical slave trader which proves to be the only hope for the native Indians, who are suffering most in the conflict.
1986, 119 mins
10.10
Dance With a Stranger
Miranda Richardson, Rupert Everett, Ian Holm, Stratford Johns, Matthew Carol
Drama. A moving recreation of the story of Ruth Ellis, the last woman to be hanged in Britain. It tells the story of her affair with a racing driver and its tragic consequences. *1985, 96 mins*
11.50 Last Days of a Condemned Man
12.10am The Omen
Gregory Peck, Lee Remick
Horror. *1976, 106 mins*
2.00 Angel Heart
Mickey Rourke, Robert De Niro
Horror. *1987, 108 mins*
3.55-6.00am Roadracers
David Arquette, Salma Hayek
Drama. *1993, 89 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a big green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, rating Sky PG, 133 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The earth is dying so one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt.
1997, rating Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. A sacked museum guard takes his boss hostage in order to get his job back. A desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, rating Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Monday 19 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Married My Exact Opposite

3.00 Jenny Jones
Surprise – I Want You to Marry Me Now
Today's guests are in for a big surprise as they are being asked if they want to marry right now!

4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
To the Death
Sisko attempts to stop a group of Jem'Hadar renegades from gaining power.

6.00 Dream Team
6.30 Friends
The One with the Dollhouse
Joey thinks he's found his true love and Rachel's boss dates Chandler. Text

7.00 The Simpsons
The Itchy and Scratchy and Poochie Show Text
7.30 The Simpsons
Girlie Edition
Bart tries to upstage Lisa. Text

8.00 Star Trek: Voyager
Gravity
A shuttle carrying Tuvok, Paris and the Doctor disappears into a collapsing sinkhole and crash-lands on a deserted wasteland.

9.00 Brimstone
Slayer
An invincible Carthaginian warrior wants Stone to join him in his evil reign – will he be tempted to team up with the brute?

10.00 Prickly Heat
Laura takes the boys on a 'Snogathon', Mel lifts off on the Bungee Rocket and the Scottish lads lift their kilts.

11.00 Friends
The One with the Dollhouse Text
11.30 Star Trek: Deep Space Nine
To the Death
Sisko takes on the Jem'Hadar.

12.30am The Chris Evans Breakfast Show
Join Chris Evans and the team, including Holly 'Hotlips' Samos and 'Wheels of Steel' maestro Johnny Boy Revell.
1.30 Law and Order
Who is responsible for the death of a 14-year-old boy?
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Keep on Trucking

3.25 The Bill
A Family Trait
A fourteen-year-old thief causes a problem for Morgan.
3.55 EastEnders
Tempers are frayed at the Taverniers', while Rachel awaits important news about her future.
4.30 Neighbours
Phoebe has an accident which could threaten her baby's life.

5.00 Dynasty
The Trial
Alexis comes up with the perfect plan to foil her sister's plans, and Jackie learns the truth when she reads her birth certificate.

6.00 Dangerfield
Blood Money
Drama series about a Warwickshire GP who juggles being a police surgeon and a single parent.

7.00
Last of the Summer Wine
Ferret Come Home
Vintage sitcom.
7.40 Dad's Army
Menace from the Deep
Wartime sitcom.
8.20 The Brittas Empire
That Creeping Feeling
Sitcom set in a leisure centre, starring Chris Barrie of *Red Dwarf* fame.

9.00 Casualty
Secrets
Medical drama series with the staff at Holby emergency department. Is Tina giving her colleagues the full story?

10.05 Just Good Friends
Vince's lunch date with Penny ends with her pouring a pint of lager over him.
10.45
Only Fools and Horses
Christmas special of the classic sitcom, starring David Jason, Nicholas Lyndhurst and bearded Buster Merryfield.

12.20am The Bill
Keep on Trucking
12.50 The Bill
1.20 Shooting Stars
Vic Reeves and Bob Mortimer are your hosts for more anarchic fun on this cult comedy quiz show.
1.55-2.30am Backup
Drama series about a police operational support team.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies
9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich
12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Magazine programme.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.
4.30 Home and Away
Life and love with the sun-tanned inhabitants of Summer Bay.

5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.

6.00
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
8.30 Charmed
Drama series about three sisters who move into a San Francisco house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well. Stars Shannen Doherty, Holly Marie Combs, Alyssa Milano and TW King.

10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show, which also offers advice on improving your sex life.
11.30-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes
9.00 Classic Coronation Street
9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Choice Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
Hopes and Dreams
All-action thriller series. Cagney and Lacey investigate a slick burglary gang who prey on grief-stricken families.
4.00 Minder
You Gotta Have Friends
Things turn nasty for Arthur when he helps out Billy Gilpin, an old friend who is wanted for attempted murder and robbery.
5.00 Charlie's Angels
Angel on My Mind
After witnessing a robbery and murder of a beachfront restaurateur, Kris attempts to halt the assailant.
6.00 Emmerdale
Wedding bells will soon be ringing in Beckindale.
6.30
Classic Coronation Street
Hilda decides to see a solicitor.
7.00 Rising Damp
All Our Yesterdays
Classic comedy series.
7.30 The Two of Us
Feeling Broody
Comedy series.
8.00 Minder
You Gotta Have Friends
Things turn nasty for Arthur when he helps out Billy Gilpin, an old friend who is wanted for attempted murder and robbery.
9.00 Cagney and Lacey
Hopes and Dreams
All-action thriller series.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Motor Show
Actor Leslie Grantham talks about his love of cars.
11.30 Car File
Motoring series devoted to one contemporary vehicle.
12midnight 2 Wheels
Weekly biking magazine.
12.30am Motor Week
Weekly look at the motoring industry.
1.00 Through the Gears
Topical international motoring and bike sport magazine show.
1.30-2.00am 4 Wheels
Reports from a team of presenters across the UK.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: The Brave Little Toaster to the Rescue

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Award-winning innovative art show with Neil Buchanan. Text

4.00 101 Dalmatians
Canine capers. Text
4.30
Hercules: The TV Show
Hercules and the Girdle of Hippolyte Text

5.00 Recess
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
Comedy about a 13-year-old TV superstar. Text

6.00 Smart Guy
Comedy about a smart kid who's put up into tenth grade. Text
6.30 Boy Meets World
Feeny gives the kids an unusual assignment. Text

7.00
FILM: The Brave Little Toaster Goes to Mars
Rob, his wife and the new baby have set up home with their trusty electrical appliances – who get a life of their own when Rob's not looking. *1997* Text
8.20 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
9.05 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.30 Bone Chillers
Fright fest. Text
10.00 Home Improvement
10.30 Flipper Text
11.15 Eyewitness Text
11.50-12midnight
Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Omen
FilmFour 12.10am
While compared unfavourably to the seminal satanic possession picture *The Exorcist*, this tale of demonic child Damien has a lot to recommend. The film throbs with a brooding menace that's complemented by the choral onslaught of Jerry Goldsmith's Oscar-winning score.

GENERAL

Mad About You
Paramount Comedy Channel 8.30pm
Friends' Lisa Kudrow guest stars in tonight's episode of this charming sitcom about married life in which Paul (Paul Reiser) and Jamie (Helen Hunt) recall their first meeting, when a dry cleaning receipt led to a romantic interlude at an office Christmas party.

ADVERTISEMENT

NEW SERIES

TV DINNERS
1.15PM
TV Dinners, hosted by Hugh Fearnley-Whittingstall, takes a look inside the kitchens of amateur cooks with something to celebrate. Fearlessly invading British homes, Hugh seeks out the hidden connoisseurs of culinary genius cooking up a storm behind closed doors.

Monday 19 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Motorcycling
8.30 Cycling
9.30 Champ Cars
11.00 Trial
11.30 Tennis
1.00pm Equestrianism
Samsung Nations Cup in Hickstead, Great Britain.
2.00 Cycling
Highlights from the second part of this year's Tour de France.

3.00 PM
3.00 Truck Sports
'99 Europa Truck Trial in Mieders, Austria.

4.00 PM
4.00 Tractor Pulling
European Cup in Grimmen, Germany.

5.00 PM
5.00 Football – LIVE
Introduction to the European Under-18 Championship in Sweden.
5.15 Football – LIVE
Coverage of the European Under-18 Championship in Sweden. Sweden hosts the Under-18 Final Tournament, which gathers together eight qualifying countries.

6.00 PM
7.00 YOZ Mag
Coverage of youth-orientated street sports.

8.00 PM
8.00 Cycling
Highlights from this year's Tour de France.

9.00 PM
9.00 Boxing
Action from an international contest.

10.00 PM
10.00 Rally
The final stage of the FIA World Rally Championship in New Zealand.
10.30 Football
European Under-18 Championship in Sweden. Action from one of today's group matches.

11.00 PM

12.00 NIGHT TIME
12midnight-12.30am Motorcycling
German Grand Prix in Sachsenring.

SKY SPORTS 1
PREMIUM CHANNEL

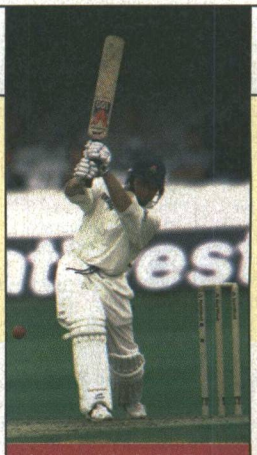
7.00am Max Power 8.00 Athletics: Jacobs Creek Steingarten Challenge 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Gillette World Sport Special 10.00 Motor Cycling: Germany GP 12noon Aerobics 12.30pm Super League 2.30 Athletics: Jacobs Creek Steingarten Challenge
3.00 Table Tennis: Brazilian Open
Action from the Brazilian Open as the latest leg of the ITTF Tour hits Rio De Janeiro.
4.00 Cricket: CGU National League – Lancashire v Warwickshire – LIVE
Coverage from the CGU National League clash between Lancashire and Warwickshire. Old Trafford hosts one of the first matches in the new two-division one-day competition which replaces the AXA League. Lancashire won the title in its old form last year and are desperate to stamp their superiority on the new event this time.
7.00 Sky Sports Centre
7.15 Cricket: CGU National League – Lancashire v Warwickshire – LIVE
Ball-by-ball coverage from the second session of the CGU National League encounter between Lancashire and Warwickshire. Old Trafford hosts another day/night match in the all-new 45-overs-a-side league.
10.30 Sky Sports Centre
10.45 Tenpin Bowling: World Tenpin Masters
The world's best bowlers compete at the Milton Keynes Shopping Centre.
11.45 V-Max
12.15am Sky Sports Centre
12.30 Copa America Football: Copa America Final
2.30 Totalsport
3.00-3.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Racing News 8.00 Motor Racing: Indy Race League – Atlanta 10.00 Australian Rules Football 12noon Copa America Football: Copa America Final 2.00pm Pool: World Pool Championship – LIVE
The exciting live action continues on day three of the World Professional 9-ball Championships, staged at the Cardiff International Arena and featuring the world's finest players.
5.30 Rebel Sports
Wild and madcap sport series, definitely not for the faint-hearted.
6.00 V-Max
An insight into the world of speed on land, water and in the air.
6.30 Asian Sports Show
7.00 Pool: World Pool Championship – LIVE
Coverage of the second session on the third day's play of the World Pool Championships at the Cardiff International Arena, where the world's top names line up for some serious play.
10.30 World Motor Sport
An essential guide to who is racing where, when and how. From a thorough round-up of the biggest and most exciting meetings, to a preview of the major events in store, this programme has it all.
1.30am Xtreme: Rebel Sports
2.00 Xtreme: Wild Spirits
2.30-2.45am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon Motor Racing: Indy Race League – Atlanta
Action from another leg in the popular Indy Race League. The famous one-and-a-half mile Atlanta Motor Speedway Oval plays host.
2.00pm Motor Cycling: Germany GP
4.00 V-Max
An insight into the world of speed on land, water and in the air.
4.30 Asian Sports Show
5.00 Tenpin Bowling: World Tenpin Masters
Action from the World Tenpin Masters at the Milton Keynes Shopping Centre.
6.00 Totalsport
The programme which lifts the lid on the biggest issues facing world sport.
6.30 The Winning Post: Beverley/ Windsor – LIVE
Jeff Stelling presents action from the race meetings at Beverley and Windsor.
8.30 Copa America Football: Copa America Final
Highlights from the Final of the Copa America, the world's oldest international football competition after the Olympics.
Repeat from Sky Sports 2.
10.30-11.30pm Shell's Wonderful World of Golf
Take a stroll down memory lane and witness some memorable golfing moments from the fairways.



Lancashire's Neil Fairbrother hopes to knock Warwickshire for six. Sky Sports 1 4.00pm, 7.15pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Junior Masterfan
School teams compete in this fast-paced quiz show.
7.00 United in Press
Journalists and fans debate the latest developments from one of the world's biggest clubs.
8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
A classic contest from the archives is dusted down for your viewing pleasure.
9.30 Red Hot Update
9.35 Super Match – Premier Classic continued
A classic contest from the archives is dusted down for your viewing pleasure.
10.30 Red Hot News
10.45 Super Match Shorts
11.00 Reserves Replayed
11.30-12midnight Red Legends
A journey through the Old Trafford archives.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles
3.00 Battlestar Galactica
Galactica Discovers Earth
After a 30 year search they Battlestar Galactica has found earth.
4.00 The Incredible Hulk
Between a Rock and a Hard Place
David Banner continues his search for a cure.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.
6.00 Cybernet
A weekly look at what's new in computer games.
6.30 New Alfred Hitchcock
Bang, Bang You're Dead
7.00 The Six Million Dollar Man
Death Probe
Steve Austin attempts to stop a mechanical space 'monster' in Wyoming.
8.00 Time Trax
Night of the Savage
Darien suspects that a serial killer, who drains his victims' bodies of blood, is a fugitive from the future.
9.00 Twin Peaks
Sheriff Truman defends Agent Cooper's activities at One-Eyed Jacks, which are under investigation by FBI and DEA.
10.00 FILM: The Day After
Jason Robards, John Lithgow, Steve Guttenberg, John Cullum, Jobeth Williams.
Drama. A terrifying account that follows the story of a group of people when the United States is subjected to a nuclear attack. *1983*
12midnight VR.5
1.00am FILM: Falling Fire
Michael Pare, Heidi von Palleske, Mackenzie Gray
Science fiction. A gigantic ore-rich asteroid is blasted into earth's orbit to boost the world's economy. *1997*
3.00-4.00am Dark Shadows

LIVE
LANCASHIRE V WARWICKSHIRE
SKY SPORTS 1 4.00PM, 7.15PM

You've got to love these day-night games. At last, cricket is coming into the modern era and thinking of the fans. Lancashire take on Warwickshire tonight in this CGU National League one-day match at Old Trafford with 45 overs per side. Promotion and relegation from the two-league set-up means a new intensity for young players like Andrew Flintoff for the home team. The Lancashire all-rounder is one to watch out for tonight, along with dangerous Warwickshire bowler Ed Giddins.

ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares heartwarming true stories with a studio audience.
5.05 Give Your Mate a Break
6.00 The Worst Witch
The girls can't stick to a 'no magic' agreement during a half-term camping trip.
6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams and e-mail activity.
7.30 Chequered Flag
Motoring magazine with the latest races and action from around the world.
8.30 Beach Volleyball
9.00 My Wonderful Life
Comedy series about the life and loves of a nurse.
9.30 Mr and Mrs with Julian Clary
Classic gameshow in which partners answer revealing questions about each other for a series of prizes.
10.00 Barbara
10.30 Days like These
Sitcom set in the 1970s about the lives of a group of teenagers and their parents.
11.00 Coronation Street
Back-to-back episodes from yesterday and today on ITV.
12midnight Bedrock
An hour of fun with celebrity guests, music, bedroom webcams and e-mail activity.
1.00am-2.00am Chequered Flag

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Dirty Talk
12.20 Adult Feature
12.45 FILM: Gold Diggers
1.00 Five Minute Free View
1.05 FILM continues
2.00 Adult Feature
2.25 FILM: NYDP Blues
3.40-4.00am Lucy

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Monday 19 July

Another tough case in 'The Ruth Rendell Mysteries: A Sleeping Life'. Carlton Select 9.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with a collection of mental and physical challenges, the aim of which is to collect as many crystals as possible.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the stars hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation L!VE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
No Tomorrow
Apocalyptic last wishes.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high-speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.
11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 Perfect Pasta 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Japaneasy 1.00 Coxon's Kitchen College 1.30 Tessa's Tastebuds 2.00 Ross on the Range 2.30 Food Network Daily 3.00 The Spice Trail
A culinary tour of north India.
3.30 Vin Ordinaire
4.00
Three Chefs in the Cape
4.30-5.00pm
Rustie's Real Cooks

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Mediterranean Cooking
With Sarah Greene.
5.30 Get Smart
99 Loses Control
6.00 I Spy
Room with a Rack
Kelly tries to get back into shape after a terse beating from enemy agents. Starring Bill Cosby.
7.00 Boon
Cover-Up
Ken investigates the son of a doctor while Harry attempts to learn Norwegian.
8.00
Birds of a Feather
Cheat!
8.30 A Kind of Living
Sitcom about a chauvinistic schoolteacher.
9.00 The Ruth Rendell Mysteries: A Sleeping Life
When a body is found on a towpath, a wallet is DCI Wexford's only lead.
10.00 Big Sky
Great Expectations
A practical joke grounds Chris's plane just as Lauren is about to secure a flying contract.
11.00
Hill Street Blues
Heat Rash
Furillo is determined to investigate the accusations made against his men.
12midnight-1.00am I Spy
Room with a Rack
Kelly tries to get back into shape after a terse beating from enemy agents.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Judge Wapner presides over two animal-related cases.
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
Rites of Passage
2.00
Mozu the Snow Monkey
A look at a female snow monkey's struggle to survive.
3.00 Gorilla, Gorilla
A moving and enchanting story about the relocation of a family of ten gorillas from Holland to their new home at Toronga Zoo.
4.00 Forest of Ash
A look at the devastation of Indonesia and Malaysia's primary forest by fire in this wildlife documentary.
5.00 Wildlife SOS
A cricket is retrieved from under a bath.
5.30 Wildlife SOS
The one-eyed ferret finds a new home.
6.00 Harry's Practice
A look at the work of vet Harry Cooper in his practice in northern Tasmania.
6.30 Harry's Practice
7.00 Animal Doctor
A behind-the-scenes look at the dedicated work of RSPCA vets.
7.30 Animal Doctor
Cases of animal cruelty.
8.00 Judge Wapner's Animal Court
Judge Wapner presides over animal-related cases.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver, which works round the clock to save animals.
9.30 Emergency Vets
10.00
Emergency Vets
Stories from Denver's Alameda East Vet Hospital.
10.30
Emergency Vets
11.00-12midnight
Animal Weapons
Chemical Warfare
A look at the various ways animals have developed to protect themselves and catch their prey.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going 7.15 Great Egg Race 7.45 Supersonic Dreams 8.30 Esther 9.00 Children's Hospital 10.00 Children's Hospital 11.00 Children's Hospital 12noon Children's Hospital 12.30pm Children's Hospital 1.00 Children's Hospital 1.30 Children's Hospital 2.00 Family Values
3.00 The Great Storm – A 999 Special
Michael Buerk introduces a special programme about the horrific storms in 1987.
4.00 Airport
There is a fire in terminal three.
4.30 Esther
Political Correctness
With Esther Rantzen.
5.00 Lion Country
A daily look at life at the stately home of Longleat.
5.30
Crowned Lemurs
With David Attenborough.
6.00 Romer's Egypt
2700 –1070BC
John Romer continues his historical pilgrimage.
6.30 War Walks
Bosworth
7.00
Miracle for Cancer
A look at a small band of researchers who believe that the immune system can be taught.
8.00 Animal Hospital on the Hoof
From Whipsnade Animal Park.
8.30 Animal Hospital
With Rolf Harris.
9.00 Astronaut's View of Earth
A comprehensive portrait of planet Earth, filmed by astronauts aboard a space shuttle.
10.00 Airport
A flag gets stuck halfway up the flagpole minutes before the arrival of the Latvian president.
10.35 Airport
11.05
Jeremy Clarkson's Motorworld
11.35 The Clampers
12.05am-1.00am DEA
The Rats' Nest

UK PLAY:
1.00am Reeves and Mortimer 1.35 Podge and Rodge 1.45 Lucas and Walliams 2.15 Flatmates 2.45 Funny Noise 3.15 Jamie Theakston's Pick 'n' Mix 3.45 Phone Zone 5.30 Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Psychic 7.00 Astrology 7.50 Consuming Passions 8.00 View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Body Check 10.00 Family Recipes 10.30 Surprise Gardeners 11.00 Pet Show 11.30 Gorgeous Gardens 12noon Montel Williams Show 1.00pm Agony Livetime 2.00 The View
3.00 Agony Livetime
Problem page on TV with popular agony aunt Denise Robertson.
4.00 The Montel Williams Show
Confronting the Person Who Lied
Award-winning US chat show.
5.00 Susan Brookes' Family Recipes
Cooking series.
5.30-6.00pm
Gorgeous Gardens

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Creatures of the Mojave Desert
Discover how scientists at the Joshua Tree National Park are trying to save the desert tortoise.
8.00 Identified Flying Objects
Offering a scientific explanation for the appearance of bright and erratic lights in the sky.
9.00 Hurricane
Follow the devastating course of 1998's Hurricane Gilbert which wreaked havoc on the Caribbean island of Jamaica.
10.00 Tiger Week: In the Shadow of the Tiger
A look at the largest of the great cats which can grow up to 3.6 metres long.
11.00
Hitchhiking Vietnam
Join Karin Muller as she leaves the familiarity of her old life to embark on a solo trek through Vietnam.
12midnight
Storm Voyage – The Adventure of the Aileach
Follow eight men as they retrace the ancient trading route of their ancestors.
12.30am-1.00am
Two Tales of Peru
Follow American medics as they travel around Peru.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00 Freeview
10.05 FILM: Lap Dancing
Adult feature.
11.30 Sex Court
12midnight Freeview
12.12am Dr Anna St John
12.35 Katie's Fantasies
1.00 FILM: Deep Seven
2.15 New Public Places
2.45-4.00am FILM: Sisters
Erotic feature film.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
Zane Lowe hosts the best in new releases, frank interviews and insider info on the music industry.
12noon Mad 4 Hits
2.00pm US Top 20 Countdown
3.00 Bytesize MTV
4.00 Select MTV
Hosted by Donna Air.
6.00 Bytesize MTV
7.00 brand:new
Brought to you by Mr Zane Lowe.
8.00 Hit List UK
9.00 Daily Edition
With Edith Bowman.
9.30 Say What??
10.00 Celebrity Deathmatch
Magicians Penn & Teller versus cabaret kings Siegfried & Roy.
10.30 UK Singled Out
Dating game.
11.00 Mad 4 Hits
An hour of back-to-back hits from the MTV playlist.
12midnight Superock
1.00am Celebrity Deathmatch
1.30 UK Singled Out
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.00 Millennium Classic Years 5.00 VH1 Live 6.00 VH1 Hits 6.30 Greatest Hits of... 7.00 Ten of the Best 8.00 Album Chart Show 9.00 Wet Wet Wet at Celtic Park 11.00 VH1 to One 11.30 Talk Music 12midnight VH1 Country 1.00am American Classic 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 How Does Your Garden Grow? 11.00 Moving People 11.30 The House Detectives 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Travels à la Carte 2.00 Style Street 2.30 Gardeners' World 3.00 Geoff Hamilton 3.30 Voyage 4.00 Voyage 4.30 a la Mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Delia Smith's Summer Collection 9.30 Good Living 10.00 Antiques Roadshow US 11.00 The Lost Gardens of Heligan 12midnight Ground Force 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Monday 19 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 All Gardens Great and Small 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 All Gardens Great and Small 10.00 Garden Club 10.30 Our House Down Under 11.00 Workshop 11.29 Home and Leisure House 11.30 A River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Rex catches two black tip whaler sharks.
4.30 Walker's World
Scotland
5.00 Flightline
Top navy pilots aboard a US aircraft carrier.
5.30 Ancient Warriors
The Huns
The conquerors of Persia.
6.00 Zoo Story
Everyday stories from London Zoo.
6.30 Jaws in the Med
How Ian Ferguson, a 30-year-old British researcher, has dedicated six years of his life to the study of Mediterranean sharks.
7.30 Great Escapes
Longest Search
Survival on Glencoe.
8.00 NEW SERIES
New Discoveries
Investigating the co-habitation of wasps and ants in South America, and snake research in Yemen.
9.00 Lonely Planet
North Thailand and Laos
Ian Wright heads for North Thailand and Laos, his journey bringing him a host of experiences.
10.00
Spell of the North
Greenland Ice Giant
The voyages of explorers and adventurers from the Greenlanders' perspective.
11.00 The Great Commanders
Alexander the Great
The greatest explorer and greatest military commander of his age.
12midnight Shark Pod
How a simple discovery has changed the way people have been able to interact with the mighty shark.
1.00am Flightline
1.30-2.00am
Ancient Warriors
The Huns

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Dexter's Laboratory 12.30pm Animaniacs 1.00 Dexter's Laboratory 1.30 2 Stupid Dogs 2.00 Dexter's Laboratory 2.30 Powerpuff Girls

3.00
Dexter's Laboratory
Chemical chaos.
3.30
The Sylvester and Tweety Mysteries
4.00
Dexter's Laboratory
Chemical chaos with the bedroom professor.

5.30
Cow and Chicken
6.00
Dexter's Laboratory
Chemical chaos with the bedroom professor.
6.30 The Flintstones
Prehistoric pranks.
7.00 Tom and Jerry
More mayhem in the feline/rodent war.
7.30 Looney Tunes
Classic cartoons from the Warner Bros studios.
8.00
Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blue's Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog

3.00 Angry Beavers
Animated antics.

3.30 Brothers Flub
Animated antics.

4.00 Rugrats
More fun with the tousle-headed nippers with the overactive imaginations.
4.30 Hey Arnold!

5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Two for the Road
Tia and Tamera take their show on the road.
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
Met Someone
Jamie and Paul recall their first meeting.
9.00 Ellen
The Therapy Episode Ellen learns that honesty is not always the best policy with parents.
9.30 Spin City
10.00 Frasier
Love Bites Dog
Frasier looks forward to going out with Roz's friend.
10.30 Cheers
Spellbound
11.00 Dressing for Breakfast
Louise is a single, bright girl looking for Mr Right.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00am
The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Goosebumps or Oggy and the Cockroaches 2.15pm The Incredible Hulk 2.40 Masked Rider

3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
Daily magazine show.
3.35 Spiderman
Arachnid animation.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the adults.
5.30 Ace Ventura
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
Today's great offers at bargain prices!
7.30 The Gold Collection
Featuring coin-set jewellery from Shop!'s wide range.
8.30 Dress for Less
Casual additions to stylish wardrobes - with every item less than £25!
9.30 Sports Shop!
10.00 Kitchen Shop!
11.00 Kids Shop!
12noon Clothes Shop!
1.00pm Bargain Shop!
One-hour special of your favourite bargains from the past week.
2.00 Entertainment Shop!
3.00 Jewellery Shop!
4.00 Shop! Feature
5.00 Shop! Selection
Round-up of the best-sellers on Shop! – from jewellery to kitchenware, they're all here!
6.00 Collectors' Shop!
7.00-8.00pm Jewellery Shop!

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 NewsStand 10.30 Sport 11.30 Asia 12.30pm Pinnacle 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 NewsStand 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Asian Edition 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Showbiz Weekly 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS News 1.30 Your Call 2.30 Sky Business Report 3.30 Showbiz Weekly 4.30 The Book Show 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Entretiens 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Fiction: Le Diable en Sabot 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Fiction: Le Diable en Sabot 3.00 Journal 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Fiction: Le Diable en Sabot 7.00 Journal 7.30 Journal et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Cinéma: Les Amants 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Bhakti Sagar 9.00 FILM 11.30 News 12noon Thekikaat 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Is Hafte Ki Kahani 4.30 Eklo Jane Re 5.00 Jhankar 5.30 Music Challenge 6.00 Tiger 6.30 Lifetime 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Swabimaan 12.30am Eurospice 1.00 FILM 4.00 Eklo Jane Re 4.30 Jhankar 5.00 Dasht 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Your Zindagi 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Zaike Ka Safar 8.30 Tara-2 9.00 Jaan 9.30 Neeyat 10.00 Saheb Bahadur 11.00 Jhat Pat Khana 11.30 Parampara 12noon FILM 3.00pm Chota Muh Aur Badi Baat 3.30 Knock Knock Kaun Hai 4.00 Filmi Chakkar 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Hasratein 6.00 Feature 7.00 Hadd Kar Di 7.30 Filmi Baatein 8.00 News Bulletin 8.30 Aashiqui 9.00 Ktc Sa Re Ga Ma 10.00 Ru-ba-ru 10.30 Up Beat 11.00 Aashirwad 11.30 Chahat Aur Nafrat 12midnight News 12.30am Aap Ki Adalat 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM 5.00 Revathi 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Victory in Jesus 5.30 Jack Van Impe Presents 6.00 Adventures in Faith 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Money Matters 8.30 Catch the Fire 9.00 Another Day of Victory 9.30 Church on the Way 10.00 Power of Praise 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 2.49am Market Review

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 2.30pm House of Commons 11.00 The Record 11.30-12midnight European Focus Debates from the European Parliament

NIGHT TIME

12.00

THE HISTORY CHANNEL
WORLD PACK

12noon Inca
Secrets of Ancestors
1.00pm Sing Sing
The history of the legendary prison Sing Sing.
2.00 Biography
Robert Mitchum
Profile of the Hollywood tough-guy actor.
3.00 The Search for the Abominable Snowman
4.00 Clash of Wings
The Bluff is Called
5.00 Airships Go to War
6.00 China's Wall of Doom
Travel to the Far East to view the site where over 7,000 life-size terracotta statues were discovered, and explore the Great Wall of China.
6.55 Photos for the Future
7.00 High Explosives
8.00 Biography
Mae West
Portrait of the actress.
9.00-10.00pm Moonshot
Moon Fever
The story of the space race.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and 22ct Gold at 10.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

SCI-FI ZONE

Your guide to out-of-this-world shows on cable. WORDS PATRICK HOLM

A race against time

The Shadow War may be over and the Interstellar Alliance may be the victors, but the Shadows and their servants the Drakh have long memories. Seizing an opportunity, the Drakh seed the atmosphere of planet Earth with a biological time bomb – and if a cure isn't found within five years, all life on Earth will cease. That's the background to *Crusade*, the sequel to the highly popular *Babylon 5*. The search for the cure is in the hands of Captain Matthew Gideon and the crew of the starship *Excalibur*, who have been sent out to investigate any possible lead. No idea is too outlandish, nowhere impossible to go. The crew of the *Excalibur* is a very mixed bag. There's Gideon himself, the sole survivor of a starship disaster and possessor of an 'apocalypse box' which has unknown but probably deadly properties; Lieutenant Matheson, the telepathic first officer; Galen, from a race of Technomages who use technology to recreate the effects of magic; Dureena Nafeel, a thief whose homeworld was destroyed by the Shadows; Dr Susan Chambers, whose conventional skills complement Dureena's more unorthodox ones; and Max Eilerson, an obnoxious archaeologist, who is always keeping one eye out for the potential profits that can be derived from any situation. *Crusade*'s road to the screen has been as traumatic as the events within the series itself – at present, only 13 episodes of the planned five years have been filmed. But it features a strong cast, including *The Brady Bunch* movies' Gary Cole, and state of the art visual effects – a crusade well worth signing up for!

Sky One, starts Sunday 4th, 8.00pm

PHOTOS: WARNER BROS, BSKYB

FUTURE WATCH

One of the big new series for the US autumn season comes from 1013 Productions, home of *The X-Files* and *Millennium*. Unlike these series, which sprang directly from the fertile mind of creator Chris Carter, *Harsh Realm* is based on a comic book, although Carter has rewritten the premise considerably. A sophisticated training programme developed by the military using virtual reality goes wrong when the virtual beings within the 'Harsh Realm' develop sentience and pose a significant threat to the real world. Samantha Mathis, *Party of Five*'s Scott Bairstow and *Strange Luck*'s D B Sweeney star alongside Carter regular Terry O'Quinn.

TIME MACHINE

EARTH 2

1994, 22 episodes. Starring: Debra Farentino (Devon Adair), Antonio Sabàto Jr (Alonzo Solace), Clancy Brown (John Danziger), Jessica Steen (Dr Julia Heller)

Returning this month is this often under-rated SF show from 1994. Once again, Earth is uninhabitable – this time it's because of mankind's own abuse of the planet, rather than alien intervention. A group, led by Devon Adair, whose son is dying from a mysterious disease, decide to colonise an Earth-like planet (hence the name) ahead of the official party that is heading there, but their ship is sabotaged, and they crash land. The series follows their progress as they try to reach the area of the planet which suits their needs best, all the while coping with a lack of supplies, illness and potentially hostile natives. *Earth 2*'s single season has much to commend it, including guest appearances from *Rocky Horror*'s Tim Curry and Shakespearean actor Roy Dotrice, plus some stylish direction from *Brimstone*'s Felix Alcala.

Sky One, from Sunday 11th, 3.00pm

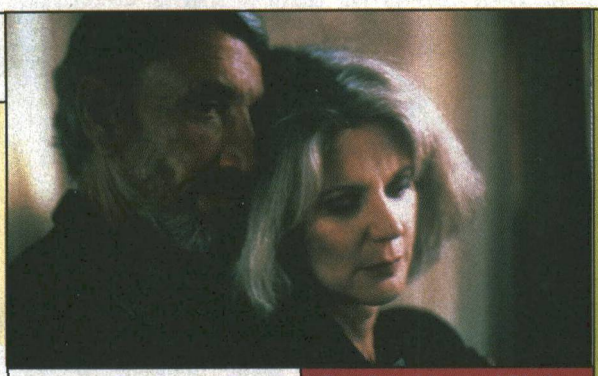
Tuesday 20 July

SKY PREMIER
PREMIUM CHANNEL

6.00am A Christmas Carol
1984, rating Sky U, 97 mins
8.00 The Bomber Boys
1995, rating Sky PG, 88 mins
10.00 The Secret Agent Club
1996, rating Sky PG, 87 mins
12noon The Beniker Gang
1985, rating Sky PG, 83 mins
2.00pm The Bomber Boys
Martin Sheen, Joe Mantegna
Comedy in which three teenage boys escape their angry parents and flee to a secret hideout, where they find an atomic bomb. They decide to hold the country to ransom, demanding that the President cancels school.
1995, rating Sky PG, 88 mins
3.50 Hamlet
Kenneth Branagh, Julie Christie, Derek Jacobi, Richard Briers
Tragedy. The troubled young Prince of Denmark is brooding over the death of his father and the haste with which his mother married the man suspected of murdering him. To make matters worse, he is haunted by the ghost of the king, demanding vengeance. Text *1996, rating Sky PG, 121 mins*
6.00
The Secret Agent Club
Hulk Hogan, Lesley-Ann Down
Action comedy about a secret agent masquerading as a toy seller, a fact he has successfully hidden from his son. That is, until one day when he is captured by an evil arms dealer.
1996, rating Sky PG, 87 mins
7.30 Hollywood Buzz
What's happening in Tinseltown.
8.00
The Myth of Fingerprints
Noah Wyle, Julianne Moore, Hope Davis, Roy Scheider
PREMIERE Comedy-drama about the unease that surrounds the return of four siblings for Thanksgiving. Each member of the family brings problems and unresolved issues to the reunion. Text *1997, rating Sky 15, 87 mins*
10.00 Starship Troopers
Casper Van Dien, Dina Meyer
Science fiction. When earth is threatened by aliens, John Rico signs up for the military and prepares to fight, leaving his high-school sweetheart and anxious parents behind. Put through a brutal basic training, nothing can fully prepare him for the harsh realities of war. Text *1997, rating Sky 18, 124 mins*
12.10am The Good Son
Psychological thriller. *1993, rating Sky 18, 83 mins*
1.40 Class Action
Drama.
1991, rating Sky PG, 105 mins
3.30-5.30am
Photographing Fairies
Fantasy drama.
1997, rating Sky 15, 102 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Microcosmos
1997, rating Sky U, 72 mins
9.00 Take Your Best Shot
1982, rating Sky PG, 92 mins
11.00 Laura Lansing Slept Here
1988, rating Sky PG, 96 mins
1.00pm Damnation Alley
Jan-Michael Vincent, Paul Winfield
Sci-fi adventure in which survivors trek across a nuclear wasteland to find fragments of the modern world.
1977, rating Sky PG, 87 mins
3.00 Microcosmos
Narrated by Kristin Scott Thomas
Highly acclaimed documentary about insect life, featuring stunning photography and pioneering film techniques to capture in minute detail this fascinating, seldom seen world which exists at our feet. *1997, rating Sky U, 72 mins*
5.00 Take Your Best Shot
Robert Urich, Jeffrey Tambor, Jack Bannon, Claudette Nevins, Susan Peretz, Howard McGillin
Comedy about an out-of-work actor whose marriage is falling apart and his struggle to turn his life around. *1982, rating Sky PG, 92 mins*
7.00 Point Last Seen
Linda Hamilton, Kevin Kilner, Sam Hennings, Mary Kay Place
Drama about a woman whose violent husband has disappeared with their children. She moves to the desert and makes a career as a tracker, but when a young girl disappears, she is forced to confront her fears for the safety of her children. *1998, rating Sky PG, 87 mins*
9.00 Perfect Body
Amy Jo Johnson, Brett Cullen, Cathy Rigby, Wendie Malick
PREMIERE Drama about a gymnast with Olympic potential who becomes anorexic in her bid to achieve the 'perfect body'. Despite an idyllic teenage life, she resolves to do everything she can to make the Olympic grade. *1997, rating Sky PG, 85 mins*
11.00 Men of War
Dolph Lundgren, Charlotte Lewis, BD Wong, Catherine Bell
Action movie in which a mercenary is sent to a South Sea island to seize the rights to mine the locale's treasure. *1994, rating Sky 18, 99 mins*
12.45am Her Own Rules
1998, rating Sky PG, 83 mins
2.15 Criminal Affairs
1997, rating Sky 18, 88 mins
3.50 Omega Doom
1996, rating Sky 15, 80 mins
5.15-7.00am Damnation Alley
1977, rating Sky PG, 87 mins



Roy Scheider and Blythe Danner star in 'The Myth of Fingerprints'. Sky Premier 8.00pm

SKY CINEMA
PREMIUM CHANNEL

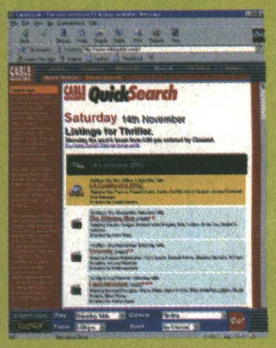
4.00pm The Magnificent Ambersons
Joseph Cotten, Dolores Costello, Agnes Moorehead, Anne Baxter
Drama which still mesmerises in its depiction of the extended Amberson clan, traditionalists who are forced from glory to humility over several decades, due to the changes in the world around them. Text *1942, rating Sky U, 84 mins*
6.00 The Hunters
Robert Mitchum, Robert Wagner, Richard Egan, Lee Phillips, May Britt, John Gabriel, Stacy Harris
War drama about a US pilot who arrives in Korea to execute a top secret mission, but there are plenty of problems – both military and romantic – in store for him.
1958, 104 mins
8.00 Destination Moon
John Archer, Warner Anderson, Tom Powers, Dick Wesson
Drama about the first lunar landing, made almost two decades before the real-life event occurred. The movie is filled with drama, from the loss and rescue of one member of the crew in space to the perilous voyage back to Earth. *1950, rating Sky U, 88 mins*
10.00 Prince of the City
Treat Williams, Jerry Orbach, Don Billett, Richard Foronjy, Carmine Caridi
Impressive, sprawling drama about a New York City cop who is pressured into informing on his corrupt colleagues. Similar to director Sidney Lumet's own Serpico, and also based on real-life events. *1981, rating Sky 15, 161 mins*
12.45am
The Magnificent Ambersons
Text *1942, rating Sky U, 84 mins*
2.15 Operation Secret
Cornel Wilde, Karl Malden
World War II adventure. *1952, rating Sky PG, 104 mins*
4.05-5.10am
The Ghost of Frankenstein
1942, rating Sky PG, 65 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Conagher
Sam Elliott, Katharine Ross, Barry Corbin, Billy 'Green' Bush, Ken Curtis, Gavan O'Herlihy
Evocative frontier tale of the Old West about a woman who is waiting in vain for the return of the man of the family from a cattle-buying trip. Instead, a trail-hardened cowboy rides into her life just in time to help her face an Indian raid. *1991, 113 mins*
11.30
Welcome to Hard Times
Henry Fonda, Keenan Wynn, Aldo Ray, Warren Oates
Western. Dark fable about the mayor of a small frontier town who is unable to stand up to the gunman terrorising the locals.
1967, 99 mins
1.30am Desperate Trail
Sam Elliott, Craig Sheffer
Offbeat Western. *1994, 90 mins*
3.15-5.00am The Cisco Kid
Jimmy Smits, Cheech Marin
Western. *1994, 100 mins*



WANT TO KNOW WHICH MERYL STREEP FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm
Godzilla vs Mechagodzilla
Kenpachiro Satsuma, Watura Fukuda, Daijiro Harada
Using shed scales from Godzilla, a scientist creates Mechagodzilla, half monster, half machine, that threatens to trash Japan again. Only Godzilla himself, who has to face up to Rodan, can save the world.
1993, 84 mins
8.00 Another Country
Rupert Everett, Colin Firth
Drama about the genesis of a spy for the Russians. The film is based around his life at public school, where ruthless competitiveness and cruelty are the order of the day and where the teenager learns his first lessons about what life holds in store. *1984, 87 mins*
9.30 A Friend of Dorothy
10.00 Threesome
Lara Flynn Boyle, Stephen Baldwin, Josh Charles
Romantic drama. Alex has a name that puts her in the male column for accommodation, as far as the university computer is concerned, so she finds herself squeezed into the most intimate of living arrangements with two guys. *1994, 89 mins*
11.45 Night and Day
Guillane Londez, Thomas Langmann, François Negret
Drama. *1991, 96 mins*
1.25am
Merry Christmas, Mr Lawrence
David Bowie, Ryuichi Sakamoto
War drama. *1982, 118 mins*
3.30-6.00am Gypsy
Musical drama. *1994, 137 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
GODZILLA
Effects-laden monster movie. The mutant result of French nuclear testing, a big green lizard decides that Manhattan would be a nice spot to make a nest for its eggs. Stars Matthew Broderick, Jean Reno and Maria Pitillo.
1998, rating Sky PG, 133 mins
PLAYS AT 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
LOST IN SPACE
High-energy space adventure. The earth is dying so one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt.
1997, rating Sky PG, 124 mins
PLAYS AT 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. A sacked museum guard takes his boss hostage in order to get his job back. A desperate newsman sees a chance to re-establish himself by creating a media circus out of the situation. Stars John Travolta and Dustin Hoffman.
1997, rating Sky 12, 110 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Tuesday 20 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Need to Know if You're Cheating

3.00 Jenny Jones
Cheating Mates
Infidelity rears its ugly head on today's show as cheating mates face the people they have so cruelly betrayed.
4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
The Quickening
Bashir tries to save a Gamma Quadrant society suffering from an incurable disease. Text
6.00 Dream Team
6.30 Friends
The One with the Screamer
Ross tries to convince Rachel that her date is mad and Joey's play is given terrible reviews. Text
7.00 The Simpsons
Radioactive Man
Milhouse is chosen to star in a film. Text
7.30 The Simpsons
138th Episode Spectacular Text
8.00 Speed!
Into the fast lane with the Lincolnshire Police. Text
8.30 Coppers
A new episode from the fly-on-the-wall documentary series.
9.00 Surviving the Moment of Impact 3
Footage teaching viewers what they can do to protect themselves from the majority of traffic accidents. Text
10.00 A Bit of Posh
NEW SERIES Seeking out the monied and taking a look at what they wear, where they eat, where they holiday and how they spend their leisure time.
11.00 Friends
The One with the Screamer Text
Joey's play gets terrible reviews.
11.30 Star Trek: Deep Space Nine
The Quickening Text
12.30am The Chris Evans Breakfast Show
Join Chris Evans and the team, including Holly 'Hotlips' Samos and 'Wheels of Steel' maestro Johnny Boy Revell.
1.30 Law and Order
Big Bang
2.30-7.00am Long Play
Music from a variety of genres.

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads
7.25 The House of Eliott
8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders 1.00 All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Paid in Full

3.25 The Bill
Cause for Concern
A domestic dispute gets way out of hand.
3.55 EastEnders
Michelle, Pat and Clyde are beginning to worry about their jobs at the Vic.
4.30 Neighbours
Julie confronts a threat to her family's security.
5.00 Dynasty
The Trial
The conclusion of yesterday's episode, starring John Forsythe, Joan Collins, Diahann Carroll and Jack Coleman.
6.00 Bugs
Out of the Hive
Action drama set in the world of hi-tech crime and surveillance. Craig McLachlan and Jaye Griffiths star.
7.00 Last of the Summer Wine
Getting on Sidney's Wire
Classic sitcom.
7.40 Dad's Army
Branded
Wartime sitcom.
8.20 The Brittas Empire
Laura's Leaving
Deputy manager Laura threatens to leave for a larger leisure centre in London.
9.00 One Foot in the Grave
Rearranging the Dust
The Meldrews discuss a separation.
9.40 Hetty Wainthropp Investigates
The Astral Plane
Drama series about a 60-year-old private detective. Patricia Routledge stars.
10.45 HeartBeat
End of the Line
Drama set in the Sixties. Greengrass tries to take advantage of the situation when Nick investigates a break-in at a remote farm.
11.50 The Bill
12.20am The Bill
12.50 Shooting Stars
Vic Reeves and Bob Mortimer are your hosts for this anarchic comedy quiz show.
1.25 Colin's Sandwich
Night on the Town
2.00-3.00am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies
9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich
12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat and humorous magazine programme.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.
4.30 Home and Away
Life and love with the sun-tanned inhabitants of Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.
6.00 The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40 The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
8.30 FILM: Lover's Knot
Bill Campbell, Jennifer Grey, Tim Curry, Adam Baldwin
Lightly whipped romantic souffle in which Cupid sends an angel to bring together two individuals who are evidently meant for each other. He is a dishy doctor, she a pretty poetry teacher, but Cupid's man has his work cut out making them a handsome couple. *1995*
10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show, which also offers advice on improving your sex life.
11.30-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes
9.00 Classic Coronation Street
9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
The Grandest Jewel Thief
Mary Beth Lacey becomes worried when Cagney is unduly fascinated with a very clever and stylish jewel thief.
4.00 Minder
National Pelmet
Minding a 'dead cert' racehorse is the last thing Terry expects when he goes to the sunny seaside for the day.
5.00 Charlie's Angels
There's a paid assassin with his sights on the Angels and an informer is gunned down before he can pass on information as to the intended target.
6.00 Emmerdale
Nick has to endure the worst hours of his life.
6.30 Classic Coronation Street
Hilda's worried.
7.00 Rising Damp
The Prowler
Classic comedy series.
7.30 The Two of Us
The Contract
Comedy series.
8.00 Minder
National Pelmet
Minding a 'dead cert' racehorse is the last thing Terry expects when he goes to the sunny seaside for the day.
9.00 Cagney and Lacey
Cagney is unduly fascinated with a clever and stylish jewel thief.
10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Hot House
Late-night show, presented by Kim Hughes and Terry Christian.
11.30 Babewatch
Jo Guest takes a look at the styles on the catwalk.
12midnight FILM: Deadly Buddhist Raiders
A Japanese kung fu master is sent to the village of Nam Tao in China to steal a special herb that will cure a deadly plague.
1.30am-2.00am Real Sex
Feast your eyes as performers flirt and frolic on stage in this annual sex event from the States.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 Timon and Pumbaa 9.00 Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: A Saintly Switch

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Award-winning innovative art show with Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers. Text
4.30 Hercules: The TV Show
Hercules and the Disappearing Heroes Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Has JB been turned into a pig? Jett has to investigate. Text
6.00 Smart Guy
Comedy about a smart kid who's put up into tenth grade. Text
6.30 Boy Meets World
Heartbreak Cory
Cory goes skiing. Text
7.00 FILM: Aladdin & the King of Thieves
It's wedding time in Agrabah, as Aladdin and Jasmine finally tie the knot. But with the unhinged Genie organising things, there's bound to be matrimonial mayhem. Text
8.20 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
9.05 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.30 Bone Chillers
Fright fest. Text
10.00 Home Improvement
10.30 Flipper
11.15 Eyewitness
11.50-12midnight Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Merry Christmas, Mr Lawrence
FilmFour 1.25am
Driven by a haunting score composed by star Ryuichi Sakamoto, this is a visually striking Japanese POW drama. At the film's centre is an enigmatic performance by David Bowie as the officer who seems to stir up troubling emotions within camp commander Sakamoto.

GENERAL

The Rector's Wife
Carlton Select 8.00pm
Lyndsay Duncan must surely be one of our most underrated actresses. In this four parter, she's the spouse of a village rector who causes outrage among the locals. Incidentally, Lyndsay can be heard, if not seen, in the new *Star Wars* film as the voice of TC-14.

ADVERTISEMENT
UK GOLD

HETTY WAINTHROPP INVESTIGATES 9.40PM
Hetty embarks on a mystical journey to the spirit world when she investigates a spiritualist who is suspected of using seances to relieve the recently widowed of their life savings.

Tuesday 20 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Golf
8.30 Rally
9.00 Cycling
10.00 Cycling – LIVE
Coverage of the 15th stage of the Tour de France from Saint-Gaudens to Piau-Engaly as the race heads into the Pyrenees.

3.00 PM

3.15pm Cycling
Highlights of today's stage of the Tour de France from Saint-Gaudens to Piau-Engaly.
4.15 Touring Car
Action from the British Touring Car Championship at Croft. Rickard Rydell from Sweden will aim to defend his title.
5.15 Football – LIVE
Coverage of a group match in the European Under-18 Championship from Sweden.

6.00 PM

7.00 PM

7.00 Grand Touring
Coverage of the fifth round of the FIA GT Championships in Zolder, Belgium.

8.00 PM

8.00 Cycling
Highlight of today's stage of the Tour de France.

9.00 PM

10.00 PM

10.00 Boxing
Coverage of another top international contest.

11.00 PM

11.00 Golf
Coverage of the PGA Senior Players' Championship in Dearborn, Michigan. Last year, Gil Morgan captured the title.
12midnight-12.30am Rally
Highlights of the FIA World Rally Championship from New Zealand.

NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

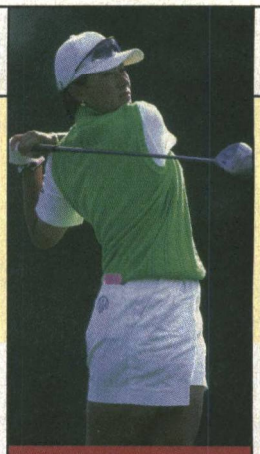
7.00am Sky Sports Centre
7.15 V-max 7.45 Totalsport
8.15 Sky Sports Centre
8.30 Racing News 9.00 Aerobics Oz Style 9.30 V-Max 10.00 Tenpin Bowling 11.00 Asian Sports Show 11.30 Totalsport
12noon Aerobics Oz Style
12.30pm Australian Rules Football
2.30 Tenpin Bowling: World Tenpin Masters
Action from the World Tenpin Masters at the Milton Keynes Shopping Centre.
3.30 V-Max
The series that gives an insight into speed.
4.00 Cricket: CGU National League – Worcester v Leicestershire - LIVE
Live action from the CGU National League fixture between Worcestershire Royals and Leicestershire Foxes. New Road hosts what promises to be an enthralling contest, with Tom Moody and Graeme Hick lining up for the home side, and Chris Lewis and James Whitaker leading the Foxes.
7.00 Sky Sports Centre
7.15 Cricket: CGU National League – Worcester v Leicestershire – LIVE
Live coverage from the second session in the CGU National League match between Worcestershire and Leicestershire. Both teams are hotly tipped to carry away the trophy in its inaugural year. New Road, Worcester's traditional home, provides the venue.
10.30 Sky Sports Centre
10.45 Wheelbase: Wheelbase Club
Everything you need to know about British motorsport is featured here, including celebrity interviews and, of course, all the hottest action.
11.45 Fastrax
12.15am Sky Sports Centre
12.30 Golf: LPGA 1999 – Japan Airlines Big Apple Classic
2.30 Rugby League Academy
3.30-3.45am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Moto-plus
8.45 Sky Sports Centre
9.00 Xtreme: Rebel Sports
9.30 Xtreme: Wild Spirits
10.00 Max Power
11.00 World Motor Sport
2.00pm Pool: World Pool Championship – LIVE
The World Pool Championship continues on day four with live action from Cardiff, as the world's finest players aim to outwit each other on the green baize.
5.30 Fastrax
A unique blend of news, action, profiles and lifestyle features from the world's alternative sports.
6.00 Wheelbase: Wheelbase Club
A round-up of all the latest news from the dynamic world of British grass-roots motorsport.
7.00 Pool: World Pool Championship – LIVE
The World Pool Championship continues apace with live action from session two of day four at the Cardiff International Arena, where the world's finest players are aiming to take a step closer to the individual prize of $60,000.
10.30 Major League Baseball: New York Yankees v Atlanta Braves
Highlights from today's game of the day, featuring the New York Yankees against Atlanta Braves.
12.30am Xtreme Sports Unlimited
1.30 Fastrax
2.00 Equestrian: Spruce Meadows – ATCO Structures Double Slalom
3.00-3.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon WWF – Live Wire
Michael Cole presents coverage of exclusive World Wrestling Federation bouts featuring star performers.
1.00pm Xtreme: Rebel Sports
1.30 Xtreme: Wild Spirits
Series about sports that are not for the faint-hearted.
2.00 Shell's Wonderful World of Golf
3.00 A to Z of Motorsport
A look back over some classic footage.
3.30 Totalsport
Extreme sporting action.
4.00 Equestrian: Spruce Meadows – ATCO Structures Double Slalom
Action from the Double Slalom competition.
5.00 WWF – Live Wire
Michael Cole presents coverage of exclusive World Wrestling Federation bouts featuring star performers.
6.00 Rugby League Academy
Rugby League Academy takes a look at tomorrow's stars of the game, including match action.
7.00 Equestrian: Spruce Meadows – ATCO Structures Double Slalom
Action with the world's best riders.
8.00 Golf: LPGA 1999 – Japan Airlines Big Apple Classic
Action from the $850,000 Japanese Airlines Big Apple Classic. Sweden's Annika Sörenstam charged through the field to win the event last year. The Wykagyl Country Club in New York once again provides the venue.
10.00 Superbouts: Jones Jr v Hopkins
Classic boxing action from 1993 and the fight between Roy Jones Jr and Bernard Hopkins.
11.00-11.30pm Brian Moore Interviews
Legendary former football commentator Brian Moore talks to a famous name from the sporting world.



Much-fancied Se Ri Pak swings into action at the Japan Airlines Big Apple Classic. Sky Sports 3 8.00pm

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
Bite-size action.
6.30 Fan File
7.00 Talk of the Devils: Who's the Greatest
Show for the journalists and fans who love chatting about the Reds.
8.00 Red Hot News
All the latest developments from Old Trafford.
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
Relive the drama of another classic match from the Premier League.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
10.30 Red Hot News
10.45 Super Match Shorts
More classic action.
11.00 Reserves Replayed
Another chance to see the best Reserve action.
11.30-12midnight Reds on the Green

Win £25,000 Cash or a Jaguar XK8
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SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 The Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles
3.00 Buck Rogers in the 25th Century
Satyr
The adventures of an American astronaut transported to the future.
4.00 The Incredible Hulk
Deathmask
David Banner is mistaken for a mass murderer and faces an enraged mob.
5.00 Sightings
Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.
6.00 Robocop
Inside Crime
The face of Pudface Morgan pulls in big ratings for OCP's hit reality show which follows criminals.
7.00 The Six Million Dollar Man
Death Probe
Steve Austin attempts to stop a mechanical space 'monster' in Wyoming.
8.00 Space Rangers
Replacements
Colonel Weiss considers replacing the Rangers with androids, until he is convinced otherwise.
9.00 Babylon 5
Into the Fire
Londo ends the Centauris' alliance with the Shadows, and the Vorlons finally clash with the Shadows.
10.00 FILM: Escape Velocity
Patrick Bergin, Wendy Crewson, Peter Gutteridge
A team of astrophysicists, stationed in a stella laboratory, intercept a derelict life-pod containing Nash, a mysterious young man who has been in suspended animation for fifteen years. *1998*
12midnight PSI Factor – Chronicles of the Paranormal
1.00am FILM: Scanner Force
Liliana Komorowska
Thriller. A woman's strange powers lead to murder. *1992*
3.00-4.00am Dark Shadows

LIVE
JAPAN AIRLINES BIG APPLE CLASSIC
SKY SPORTS 1 12.30AM

The international pedigree of this latest tournament on the LPGA Tour is unmistakable. The Japanese Airlines Big Apple Classic is taking place in New York with Korean wonder girl Se Ri Pak as the biggest attraction and Sweden's Annika Sörenstam as the defending champion. That's four key countries involved for starters. No wonder women's golf is enjoying a healthy revival among the fans. Britain's Laura Davies will also be after a share of the $850,000 prize money.

ITV2
ACCESS PACK

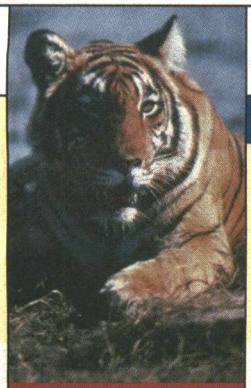
4.00pm Trisha
Trisha Goddard shares heartwarming and hair-raising true stories.
5.05 Not Recommended Behaviour
5.30 MTB
Marc Beisiegel presents coverage of the mountain bike 1999 World Cup series.
6.00 Board Wild
6.30 Bedrock
7.30 The Locker
8.00 NBA Jam
Brand-new magazine for basketball fans.
8.30 Futbol Mundial
All the latest news and action from the world of football.
9.00 New Jerry Springer
9.45 Words with
Celebrities relate anecdotes based on the words or phrases written on cards they are given, and bring in their three favourite things.
10.00 Big Bad World
11.00 Emmerdale
Tonight's episode from ITV.
11.30 Soap Fever
Show devoted to the world of soaps. With celebrity guests, chat, previews and reviews, archive specials and tributes to soap icons.
12.30am Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
1.30-2.00am The Locker

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Amateur Girls
12.20 Unearthing Passions
12.45 FILM: Legacy
1.00 The Five Minute Free View
1.05 FILM continues 2.00 Teresa Scott Unleashed
2.25 FILM: Thunder Road
3.40-4.00am Claudia

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Tuesday 20 July



'Spell of the Tiger' looks at the man-eaters of India. National Geographic Channel 10.30pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with a collection of mental and physical challenges which take the team through four zones. Presented by Richard O'Brien.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the celebrities hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am
Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Lie Detector 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Lie Detector
Deception uncovered using modern methods.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 A Taste of England 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network 12.30pm Tastes of Britain 1.00 Coxon's Kitchen College 1.30 A to Z of Food and Beauty 2.00 Simply Baking 2.30 Food Network Daily 3.00 Japaneasy
Bean Curd
3.30 The Alex Factor 4.00 Tessa's Tastebuds
Mustard
4.30-5.00pm
Ross on the Range

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Kitchens – The Importance of Design
5.30 Get Smart
The Wax Max
6.00 I Spy
Get Thee to a Nunnery
World War II contraband sends Kelly and Alex hotfooting it to Spain. Starring Bill Cosby.
7.00 Boon
Two Men in a Vault
Ken and Harry are kept in the dark when they find themselves trapped in a vault over the weekend.
8.00
The Rector's Wife
Drama about a woman who tries to be a perfect rector's wife but is frustrated by money.
9.00 The Upper Hand
Blind Date
Romantic comedy.
9.30
An Inspector Calls
Fare Cops
10.00 Lovejoy
The Sting
When Lovejoy is conned by his landlord, he is determined to get revenge.

11.00
Hill Street Blues
Rain of Terror
LaRue and Washington have the dirty task of staking out fellow cops.
12midnight-1.00am I Spy
Get Thee to a Nunnery
World War II contraband sends Kelly and Alex hotfooting it to Spain. Starring Bill Cosby and Robert Culp.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
Judge Wapner presides over two animal-related cases.
1.00 Hollywood Safari
Aftershock
2.00 Breed All About It
Beagles
2.30 Breed All About It
Old English Sheep Dogs
3.00 Good Dog U
The Jealous Dog
3.30 Good Dog U
Bringing Your Puppy Home
With Joel Silverman.
4.00 Hunters
Savage Pack
A look at animals' survival strategies, how they hunt for food and protect their young.
5.00 Wildlife SOS
The baby robins are freed.
5.30 Wildlife Sos
Three rabbits are released back into a forest and a hedgehog is rescued.
6.00 Harry's Practice
A look at the work of veterinary Harry Cooper in his practice in northern Tasmania.
6.30 Harry's Practice
7.00 Animal Doctor
A behind-the-scenes look at the work of dedicated RSPCA vets.
7.30 Animal Doctor
More animals in need.
8.00 Judge Wapner's Animal Court
Two animal-related cases.
8.30 Judge Wapner's Animal Court
Two animal-related cases.
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver, which works round the clock to save animals.
9.30 Emergency Vets
10.00 Emergency Vets
More stories from Alameda East Veterinary Hospital.
10.30 Emergency Vets
11.00-12midnight Animal Weapons
Armed to the Teeth
How different environmental conditions change the body.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am The Great Egg Race 7.30 Supersonic Dreams 8.30 Esther 9.00 Big Cat Diary 9.30 Big Cat Diary 10.00 Big Cat Diary 10.30 Big Cat Diary 11.00 Big Cat Diary 11.30 Big Cat Diary 12noon Lion Country 12.30pm Animal Hospital 1.00 Challenging Children 2.00 Househusbands

3.00
999: Volcano Special
Escape from Paradise
A reconstruction of the rescue of a film crew after a crash-land in Hawaii.
4.00 Airport
Heathrow Airport is fogbound.
4.30 Esther
Bizarre Eating Habits
Hosted by Esther Rantzen.
5.00 Lion Country
Behind the scenes at the stately home of Longleat.
5.30 Alligator Hole
A look at the way alligators create water holes.
6.00 Romer's Egypt
Historical pilgrimage through the land of the pharaohs.
6.30 War Walks
Boyne
7.00
Moon Landing Live
7.30
Computers Don't Bite
Inside the Internet
A history of the internet.

8.30 Animal Hospital
With Rolf Harris.

9.00 Moon Landing Live – Moon Landing
Expert guests host a showing of the actual 1968 NASA TV broadcast.

10.00 Airport
It is judgment day for Heathrow's catering staff.
10.35 Airport
A 'fear of flying' course is arranged for the staff.
11.05 Top Gear GTi
12.05am-1.00am DEA
Michele

UK PLAY:
1.00am The League of Gentlemen 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Agony Livetime 7.00 Agony Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Julia Carling's Style Guide 9.30 Young Chefs 10.00 Intimate Portrait 11.00 Perfect Parenting 11.30 Cook's Garden 12noon Montel Williams 1.00pm Fashion Livetime 2.00 The View

3.00
Fashion Livetime
A look at the latest high street and designer fashions, plus top tips and makeover advice.
4.00 The Montel Williams Show
Another Chance at Love
Award-winning US chat show discussing second chances in love.
5.00 The Pet Show
The ultimate guide to man's best friend.
5.30-6.00pm
Cook's Garden

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
The Golden Dog
A look at jackals, who have come to be known more as scavengers rather than predators.
8.00 The Death Zone
Join a joint British and Chilean military expedition to climb one of the world's highest active volcanoes – Mount Copiapo in Chile.
9.00 Serengeti Diary
Hugo Van Lawick captures on film one of the greatest natural wildlife spectacles on earth – the rare ecology of the Serengeti.
10.00 Tiger Week: Tiger's Eye
India's Bandhavgarh National Park.
10.30 Tiger Week: Spell of the Tiger
11.00 Inside Tibet
An engrossing look at Tibet's recent history and rich culture.

12midnight
Stock Car Fever
12.30am-1.00am Sumo: Dance of the Gargantuans
A look at Japan's national sport – Sumo Wrestling.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05
Women of Colour: Star Island
11.15 Most Wanted
12midnight Freeview
12.12am Totty Try-outs
Adult entertainment.
12.25 FILM: Beauty Captured
1.45 Adult Feature
2.15 FILM: Malcolm XXX
Adult feature.
3.30-4.00am Adult Feature

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
Non-stop videos.
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 HITS
2.00pm Hit List UK
Cat Deeley with the UK singles chart.
4.00 Select MTV
Two hours of chat, videos and special guests live from Sound Republic every day.
6.00 Bytesize MTV
MTV footage from around the world.
7.00 brand:new
With Zane Lowe.
8.00 US Top 20 Countdown
Toby Amies presents a rundown of the top tunes from America.
9.00 Daily Edition
With Emma Ledden.
9.30 MTV Megamix
10.00 The Blame Game
10.30 Daria
11.00 Mad 4 Hits
12midnight Alternative Nation
1.00am The Blame Game
1.30 Daria
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Jackie Collins 1.00pm Greatest Hits of ... Crowded House 1.30 Pop-Up Video 2.00 Jukebox 4.00 Hey Hey We're the Monkees 5.00 VH1 Live 6.00 Greatest Hits of ... 6.30 VH1 Hits 9.00 The Millennium Classic Years: 1976 10.00 Behind the Music 11.00 VH1 Spice 12midnight VH1 Flipside 1.00am The VH1 Album Chart Show 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Looking Good 10.30 Ainsley's Meals in Minutes 11.00 Home Front 11.30 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Wine World 2.00 Style Street 2.30 Growing Places 3.00 Gardening Neighbours 3.30 Voyage 4.00 Voyage

4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 The Antiques Show 9.30 Good Living 10.00 The Antiques Inspectors 11.00 Geoff Hamilton – A Man and His Garden 11.30 How Does Your Garden Grow? 12.30am-1.00am Stefan's Garden Roadshow

Tuesday 20 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.30 A River Somewhere 12noon The Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 The New Yankee Workshop 2.30 Home Again 3.00 This Old House with Steve and Norm 3.30-4.00am Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Angling action down under.
4.30 Walker's World
Tanzania
Ascending Kilimanjaro.
5.00 Flightline
Featuring a test flight of the new Airbus 340.
5.30 Ancient Warriors
The Samurai
The ancient Zen warriors.
6.00 Zoo Story
Stories from London Zoo.
6.30 The Great Opportunist
The spotted hyena is seen as a scavenger, but is in fact an intelligent, efficient and ruthless hunter.
7.30 Great Escapes
Deadline
Behind-the-scenes look at the Iranian Embassy siege.
8.00
History's Mysteries
The Ark of the Covenant
8.30
History's Mysteries
The Dead Sea Scrolls
9.00
Port Chicago Mutiny
NEW The story of the wartime disaster at the Port Chicago Munitions Base near San Francisco.
10.00 Egypt
Chaos and Kings
How the ancient Egyptian civilisation rose to power, examining the pharaohs' role as living gods.
11.00
Hitler's Generals
Rommel
The legendary 'Desert Fox'.
11.45 Hitler's Generals
NEW Manstein
12.30am Great Escapes
Lost at Sea
Divers swept out to sea.
1.00 Flightline
A prototype VTOL aircraft.
1.30-2.00am
Ancient Warriors
The Samurai

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 The Fruitties 6.00 The Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino Junior High 8.00 Looney Tunes 8.30 The Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Scooby-Doo 12.30pm Animaniacs 1.00 Scooby-Doo 1.30 2 Stupid Dogs 2.00 Scooby-Doo 2.30 The Powerpuff Girls
3.00 Scooby-Doo
Mysterious happenings investigated by the gang of do-gooders.
3.30 The Sylvester and Tweety Mysteries
4.00 Scooby-Doo
More spooky mysteries.
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Scooby-Doo
More spooky mysteries.
5.30
Cow and Chicken
Madcap fun with the mismatched siblings.
6.00 Scooby-Doo
More mysteries investigated by the gang.
6.30 The Flintstones
Stone Age fun with the cavemen of Bedrock.
7.00 Tom and Jerry
Animated antics with the constantly sparring cat and mouse duo.
7.30 Looney Tunes
Classic cartoon fun.
8.00
Cartoon Cartoons
8.30-9.00pm
Cult Toons
Celebrities' favourite toons.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blue's Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Cartoon antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Smoking in the Girl's Room
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
Maid About You
The maid falls for 'Mr Paul'.
9.00 Ellen
30 Kilo Man – Part I
Ellen rekindles her relationship with Dan.
9.30 Spin City
Dog Day Afternoon
10.00 Frasier
A Lilith Thanksgiving
The Cranes visit Lilith.
10.30 Cheers
Never Love a Goalie – Part I
11.00 Dressing for Breakfast
Sitcom about a woman's search for love.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00
The Larry Sanders Show
Arthur's Crisis
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Goosebumps or Oggy and the Cockroaches 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
3.35 Spiderman
More adventures with the crime-fighter extraordinaire.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
More spooky stories.
5.00
Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
The animated adventures of the zany pet detective.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm
Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
8.00 6 of the Best
8.30 The Clothes Line
9.30 Shop! Feature
10.00 Jewellery Box
11.00 Junior Sports Store
11.30 Fitness Zone
The step aerobics workout.
12noon 6 of the Best
Smart storage solutions to tidy up your home.
12.30pm In the Garden
More gardening advice.
1.00 Bargain Shop!
Today's great offers at bargain prices.
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 Travel Bag
Great offers on holiday essentials.
3.00 Home Office
Smart solutions for working at home.
4.00 Beauty Secrets
More professional hints and tips to stay beautiful.
5.00 Shop! Selection
The latest best-sellers.
6.00 Branded!
A lucky male gets a new look from the Shop! experts.
7.00-8.00pm
Collectors' Shop!
Finely crafted dolls.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.30pm UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Fortune 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 World Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 The Book Show 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 The Book Show 4.30 Showbiz Weekly 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Cinéma: Les Amants 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal Télévisé 1.15 Cinéma: Les Amants 3.00 Journal Télévisé 3.15 Questions 3.30 Bons Baisers d'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Forts en Tête 6.15 Inédit 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Journal du Tour 8.15 Résume de L'Etape du Jour 9.00 Journal Télévisé 9.15 Fiction: Les Cœurs Brûlés 11.00 Journal Télévisé 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Subah Aaj Tak 8.30 Dhur Ki Bani 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Bhai Hamne To Suna Hai 1.00 Badalte Rishte 1.30 FILM 4.00 Jaldi Jaldi 4.30 Aahwan 5.00 Kaala Daira 6.00 Baaje Payal 6.30 Zamana Badal Gaya 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am Baaje Payal 1.00 FILM 4.00 Music Box 4.30 Kabhi Yeh Kabhi Woh 5.00 Paranda 6.00 Jaldi Jaldi 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Out and About 8.30 Tara-2 9.00 Super 7 Muqabla 10.00 My Choice 11.00 Khana Khazana 11.30 Parampara 12noon FILM 3.00pm Hadd Kar Di 3.30 Filmi Baatein 4.00 Filmi Chakkar 4.30 Zee Top Ten 5.30 Hasratein 6.00 Classics of Antakshari 7.00 Do Aur Do Paanch 7.30 Chalo Cinema 8.00 News 8.30 Teacher 9.00 Zee Addicts 9.30 Zanjeeren 10.00 Shapath 10.30 Mahabharat 11.30 Banegi Apni Baat 12midnight News 12.30am Tandoori Masala 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Roop Ki Rani 5.00 Lollywood Top Ten 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Hour of Deliverance 5.30 Freedom 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 A Word from God 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.45am Focus on Eastern Europe 4.24am Sports

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords 7.00 The Record 7.30 House of Lords 2.30pm House of Commons 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon
China's Wall of Doom
1.00pm High Explosives
2.00 Biography
Mae West
3.00 One Small Step
Moon Fever
Four-part series celebrating the 30th anniversary of the first manned moon landing.
4.00 One Small Step
Bridge to the Moon
5.00 One Small Step
Go-Fever
6.00 One Small Step
And Never Give Up
6.55 Photos for the Future
7.00 Moonshot
As it Happened
8.00 Biography
Lyndon B Johnson
9.00 World War I
Behind the German Lines
9.30-10.00pm Men in Crisis
Pershing vs Ludendorff
How a Prussian army officer met the Allied commander in World War I.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TVTravel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion by Kim & Co at 8.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Exclusive!
Not available on the high street

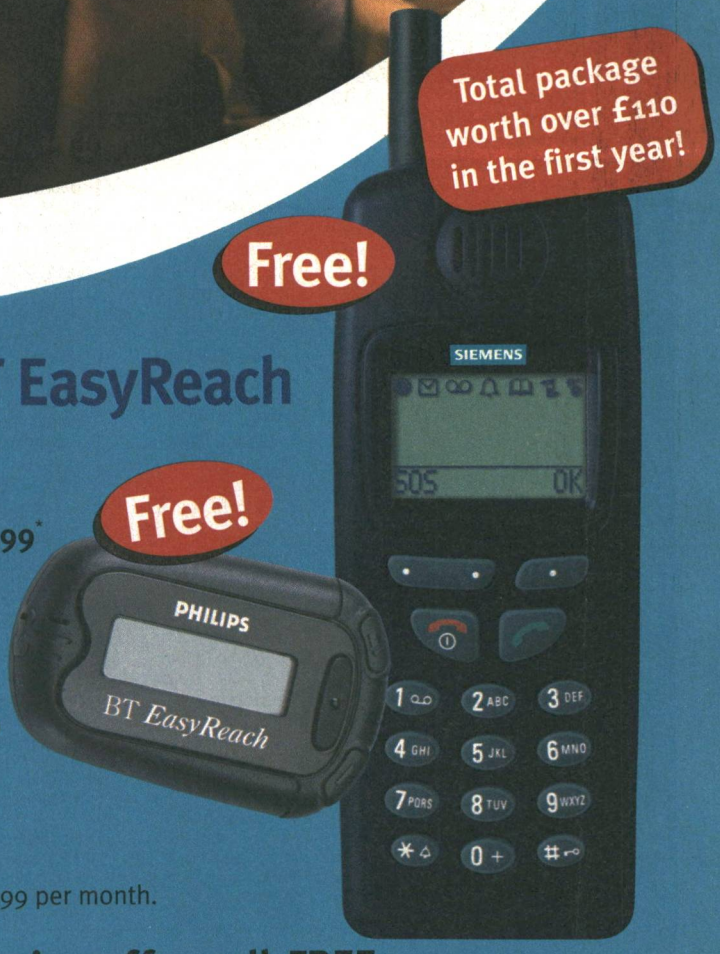
Answer your phone to brilliant ringtones by famous DJ's!

All you've gotta do is call!

Total package worth over £110 in the first year!

Free!

Grab a Siemens C25 *and* a BT EasyReach pager *absolutely FREE!*



Free! Siemens C25 digital mobile phone **worth £19.99***

Free! Connection to the network **worth £35**

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Free! Personal Handsfree Unit **worth £19.99**

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Wednesday 21 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am The Perfect Mother
Text *1996, rating Sky PG, 89 mins*
8.00 Indiscretion of an American Housewife *1998, rating Sky PG, 87 mins*
9.45 Matilda
Text *1996, rating Sky PG, 94 mins*
11.30 The Alamo: 13 Days to Glory
Alec Baldwin, Raul Julia
1987, rating Sky PG, 160 mins
2.15pm The Perfect Mother
Tyne Daly, Ione Skye, Dee Walllace Stone
Chilling drama based on a true story. A jealous mother destroys the happy marriage of her son and eventually murders his wife. Text *1996, rating Sky PG, 89 mins*

4.00 Indiscretion of an American Housewife
Anne Archer, Michael Murphy, Andrea Occhipinti
Romantic drama. An Italian wine merchant arrives in the life of an American housewife, married to a diplomat, and his appearance rekindles the flames of passion in her marriage, which has become stale. *1998, rating Sky PG, 87 mins*

6.00 Matilda
Danny DeVito, Rhea Perlman, Embeth Davidtz, Pam Ferris
Fantasy based upon the Roald Dahl novel about a young girl with magical powers. Matilda Wormwood comes from a horrible home and goes to a worse school, but she sets out to get even with the grown-ups who have mistreated her. Text *1996, rating Sky PG, 94 mins*

8.00 The Frighteners
Michael J Fox, Dee Wallace Stone, Julianna McCarthy
Comic horror tale. A swindling psychic arrives in the mass murder capital of America, only to get involved in strange goings-on. His powers prove inadequate when it comes to dealing with a malevolent spirit from whom there is no escape. Text *1996, rating Sky 15, 105 mins*

10.00 The Minus Man
Owen Wilson, Janeane Garofalo, Mercedes Ruehl, Brian Cox
PREMIERE Psychological chiller about a quiet young drifter whose arrival in a coastal town triggers a wave of bizarre and frightening events. The disappearance of a local high school football star is just the beginning. *1999, 110 mins*
11.55 Snow White: A Tale of Terror
Sigourney Weaver, Sam Neill
Dark adaption of the classic Grimm fairy tale. Text *1997, rating Sky 15, 96 mins*

NIGHT TIME

1.40am The People Vs Larry Flynt
Text *1996, rating Sky 18, 124 mins*
3.50-5.45am While My Pretty One Sleeps
Text *1997, rating Sky 12, 89 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Charley and the Angel
1974, rating Sky U, 91 mins
9.00 Jules Verne's 800 Leagues Down the Amazon
1993, rating Sky PG, 83 mins
11.00 Miracle in the Woods
Della Reese, Meredith Baxter, 1997, rating Sky PG, 88 mins
1.00pm Possums
Mac Davis, Greg Coolidge
Family sports drama.
1997, rating Sky U, 93 mins

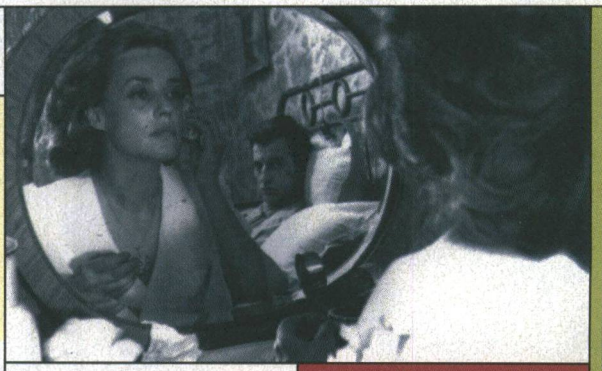
3.00 Charley and the Angel
Fred MacMurray, Harry Morgan, Kurt Russell, Cloris Leachman
Family comedy. A man learns from a helpful angel that he is not long for this world. After he receives this warning, he decides to set about putting to rights the wrongs he has done his family. *1974, rating Sky U, 91 mins*

5.00 Jules Verne's 800 Leagues Down the Amazon
Daphne Zuniga, Adam Baldwin, Barry Bostwick, Tom Verica
Adventure. A recently-engaged couple travel down the Amazon with a man on the run. A mysterious stranger offers his help to the fugitives, but the price may be too steep. *1993, rating Sky PG, 83 mins*

7.00 A Very Brady Sequel
Shelley Long, Gary Cole
Crazy comic sequel featuring the TV family who seem permanently trapped in the Seventies. A con artist claiming to be Carol Brady's long-lost first husband suddenly appears at the Brady's house, with his sights firmly set on the family's $20 million ancient horse statue. *1996, rating Sky PG, 86 mins*

9.00 Blood on Her Hands
Nicholas Campbell, Philip Casnoff, Joe Grifasi
Thriller. A seductive, but manipulative woman tricks her lover into murdering her husband. Afterwards, however, she betrays the killer by putting him into the frame for the crime, and tries to conceal her involvement. *1997, rating Sky 15, 90 mins*

11.00 I Know What You Did Last Summer
Jennifer Love Hewitt, Sarah Michelle Gellar, Ryan Phillippe
A group of teenagers accidentally kill a pedestrian.
1997, 101 mins
12.45am Bad to the Bone
Kristy Swanson, Jeremy London, 1997, rating Sky 12, 86 mins
2.20 Fifteen and Pregnant
Text *1997, rating Sky 15, 87 mins*
3.55 Swearing Allegiance
1997, rating Sky 15, 89 mins
5.30-7.15am Possums
1997, rating Sky U, 93 mins



Jeanne Moreau and Henri Serre star in François Truffaut's 'Jules and Jim'. FilmFour 10.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm I'll Be Seeing You
Ginger Rogers, Joseph Cotten, Shirley Temple, John Derek
Epic romance. A female jailbird out on parole falls for a soldier, himself just out of a mental hospital. The pair fall in love over Christmas, but as their relationship blossoms they each attempt to hide the awkward truth from the other. *1944, rating Sky PG, 81 mins*

6.00 The Absent-Minded Professor
Fred MacMurray, Nancy Olson, Keenan Wynn, Tommy Kirk
The comedy which was the inspiration for the Robin Williams movie *Flubber*. The absent-minded professor is an inventor who perfects a flying rubber substance that enables objects to bounce to incredible heights.
1961, rating Sky U, 92 mins

8.00 Honkytonk Man
Clint Eastwood, Kyle Eastwood, John McIntire, Alexa Kenin
Drama about the ups and downs of a dying country and western singer during the Great Depression. The consumption-stricken singer arrives in Nashville with his nephew and grandfather in tow for an all-or-nothing audition. Text *1982, rating Sky 15, 118 mins*

10.05 M*A*S*H
Donald Sutherland, Elliott Gould, Sally Kellerman, Tom Skerritt
Robert Altman's celebrated black satire on army life with all its absurdities. The film focuses on the everyday lives of the odd assortment of characters who comprise the Mobile Army Surgery Hospital, stationed near the front during the Korean War.
1970, rating Sky 15, 111 mins
12midnight I'll Be Seeing You
Ginger Rogers, Joseph Cotton
1944, rating Sky PG, 81 mins
1.30am Town on Trial
1956, rating Sky 12, 92 mins
3.10 Rawhide
1951, rating Sky PG, 83 mins
4.35-5.55am Earth Vs the Flying Saucers
1956, rating Sky U, 80 mins

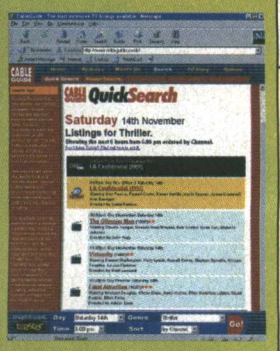
MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Naked Spur
James Stewart, Robert Ryan, Janet Leigh, Ralph Meeker
Action Western. A Civil War veteran patiently tracks a vicious killer in order to claim the $5,000 reward on offer so he can buy a farm and settle down. Along the way, he teams up with an ex-Confederate, a down-on-his-luck prospector and an outlaw's daughter. *1953, 91 mins*

11.00 Three Godfathers
John Wayne, Pedro Armendariz, Harry Carey Jr, Ward Bond
Unusual Western adventure about a trio of bandits who stumble across a dying woman in labour in the desert, and resolve to deliver the baby to the nearest town. *1948, 102 mins*
1.00am Geronimo
Joseph Running Fox, Nick Ramus, Michelle St John, Michael Grey
Biopic of Apache. *1993, 103 mins*
3.00-5.00am The Broken Chain
Eric Schweig, Wes Studi
Historic drama. *1993, 89mins*



WANT TO KNOW WHICH MARLON BRANDO FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Wild One
Marlon Brando, Mary Murphy, Robert Keith, Lee Marvin, Jay C Flippen, Peggy Maley
Controversial Fifties drama. A gang of bikers descend upon a small town in California and terrorise the inhabitants. However their wild behaviour soon provokes a response every bit as bad, from a posse of townspeople. *1953, 76 mins*

8.00 Peter's Friends
Kenneth Branagh, Emma Thompson, Imelda Staunton, Stephen Fry, Hugh Laurie
Black comedy. A group of old friends from Cambridge University are re-united for the New Year and in the process find out not just how their lives have changed but how they now see each other. *1992, 96 mins*

9.45 Hello, Hello, Hello

10.00 Jules and Jim
Jeanne Moreau, Henri Serre, Oskar Werner
Truffaut classic set before and after World War I, tracing the friendship between two men, one French, one German and how their obsession with one woman changes their lives over time.
1961, 102 mins

11.50 Six Days, Six Nights
Anne Parillaud, Patrick Aurignac, Baetrice Dalle
PREMIERE Drama. A bohemian couple's relationship is put under strain by the woman's sister coming to stay. *1994, 98 mins*
1.30am The Seven Samurai
Samurai epic. *1954, 190 mins*
4.45-6.00am AK: The Making of Ran
Documentary about Kurosawa.

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen. *1998, rating Sky PG, 83 mins*
PLAYS AT 6.30am, 8.00am, 9.30am and 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorized once more. Stars Neve Campbell. *1998, rating Sky 18, 115 mins*
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying so a family travels into space to establish a new colony. Stars William Hurt. *1997, rating Sky PG, 124 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta. *1997, rating Sky 12, 110 mins*
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 22 and 23 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Wednesday 21 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You
1.30 Jeopardy
2.00 Sally Jessy Raphael
I Was Born a Man and a Woman

3.00 Jenny Jones
Unfaithful Mates
Today's show guests have been unfaithful and now face the consequences of their actions.

4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt.

5.00 Star Trek: Deep Space Nine
Body Parts
Misdiagnosed with a terminal disease, Quark sells his body parts on the Ferengi market. Text

6.00 Dream Team
6.30 Friends
The One At The Beach
While the friends stay at a beach house, Phoebe meets someone who knows details about her.

7.00 The Simpsons
The Canine Mutiny Text
7.30 The Simpsons
Bart Carny
A carnival worker and his son move in with the Simpsons. Text

8.00 Xena: Warrior Princess
Girls Just Wanna Have Fun
Xena and Gabrielle join forces with Joxer and Orpheus to defeat the evil god Bacchus. Text

9.00 The X-Files
Teliko
A creature from an African folk tale may be responsible for the disappearance of several black men in Philadelphia. Text

10.00 Dreamland
Part I of II
Dreamland is an in-depth investigation into America's most top secret base with the help of top military personnel. Text

11.00 Friends
The One at The Beach
While the friends stay at a beach house, Phoebe meets someone who knows details about her. Text

11.30 Star Trek: Deep Space Nine Text
12.30am The Chris Evans Breakfast Show
More mayhem and disorder with the crazy Chris Evans gang.
1.30 Law and Order
2.30-7.00am Long Play
It's a VJ-free music zone with something for everyone.

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small
The Beauty of the Beast
2.00 Dallas
Showdown at the Ewing Corral
2.55 The Bill
Cutting Edge

3.25 The Bill
Nothing Ventured
Haines is eager to set up a drugs bust.

3.55 EastEnders
Celestine tries to reassure Etta about Lloyd. Sharon is upset that Grant didn't consult her over plans for the future.

4.30 Neighbours
Philip is furious with Julie.

5.00 Dynasty
The Vote
Blake is forced to relinquish part of the Carrington estate when the court rules in Ben's favour. Garrett learns he is a father.

6.00 Bugs
Assassins Inc
The Bugs team come up against a devious woman who delights in inventing new ways of killing with voice-activated bombs.

7.00 Last of the Summer Wine
Jubilee
Foggy wants to do something for the Royal Jubilee.

7.40 Dad's Army
Man Hunt
Wartime sitcom.

8.20 The Brittas Empire
Two Little Boys
Gordon Brittas's identical brother Horatio comes to stay.

9.00 Men Behaving Badly
How to Dump Your Girlfriend
Tony is serious about Deborah – but first he has to get rid of his present girlfriend.

9.40 Men Behaving Badly
Troublesome 12-Inch
Award-winning sitcom.

10.20 Hamish Macbeth
The Good Thief
Esme, having discovered musical talent in young Glaswegian Frankie Bryce, hopes that he can win the Willie McGraw Trophy.

11.25 The Bill
Cutting Edge
11.55 The Bill
Nothing Ventured
Haines is eager to set up a drugs bust.
12.25am Shooting Stars
1.00 Colin's Sandwich
1.30 Colin's Sandwich
2.00-2.30am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies
2.50 Living Room
An upbeat and humorous magazine programme. Presented by Lorraine Kelly.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

4.30 Home and Away
More drama from Summer Bay, Australia.

5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.

5.30 The Dating Game
Guests must choose between looks and personality.

6.00 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in lively discussion.

6.50 Fashion Emergency
With supermodel Emme.

7.15 Life, Camera, Action
Amazing real-life drama caught on camera.

7.40 The Jerry Springer Show
American talk show in which Jerry Springer and his guests engage in heated discussion.

8.30 FILM: No Higher Love
Drama telling the story of a young couple who have a wonderful marriage, but do not have a child. After losing their last child through miscarriage, they are thrilled when they learn that they are expecting again, however when the baby is born early at 23 weeks their fears are raised once more.

10.30 Sextasy!
Raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Hadleigh 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 Choice the Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
Cagney and Lacey find they have mixed emotions and are charged with jealousy when a bright new female detective is assigned to the 14th precinct.

4.00 Minder
Whose Wife Is It Anyway
Terry is persuaded to mind Alex's antique shop while he is laid up. With George Cole and Dennis Waterman.

5.00 Charlie's Angels
Angels In The Stretch
When Sabrina recognises the markings of a horse-racing scam the odds are against her own survival.

6.00 Emmerdale
Jack and Sarah enjoy a skiing lesson, but it's Archie's coffin that's the centre of the action.

6.30 Classic Coronation Street
7.00 Rising Damp
Stand Up and Be Counted
7.30 The Two of Us
The End Of The Beginning
Ashley's plans to buy a new house are ruined.

8.00 Minder
Whose Wife Is It Anyway
Terry is persuaded to mind Alex's antique shop while he is laid up. With George Cole and Dennis Waterman.

9.00 Cagney and Lacey
Detective series.

10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00 Babewatch UK
Fly-on-the-wall series which looks at a day in the life of Britain's top glamour models.
11.30 V.P.L.
Alternative fashion programme.
12midnight
Lady Lust's Football Feva
Follow Teresa May and her team of lovely girls as they take us through the world of football.
1.00am Talking Dirty
1.20 Lady Lust's Lovelies
1.30-2.00am
Bigger Better Battling Babes

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 Pb and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: Herbie Goes Bananas *1980*

3.00 The Little Mermaid
The charming undersea adventures of the beautiful mermaid Ariel. Text

3.30 Art Attack
Award-winning art show. Text

4.00 101 Dalmatians
Canine capers and daring doggy deeds make for frantic fun. Text

4.30 Hercules: The TV Show
Based on the hit movie. Text

5.00 Recess
Animated series from the creators of Rugrats. Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson

6.00 Smart Guy
TJ's a smart kid who's put into tenth grade. Text
6.30 Boy Meets World
First Girlfriend's Club
Cory's life is complicated. Text

7.00 FILM: You Lucky Dog
Kirk Cameron, James Avery
When dog psychic Jack Morgan treats the inappropriately named pooch Lucky for depression he has no idea that his treatment will land him in the doghouse! Lucky's owner dies and leaves all his money to Lucky. *1998*

8.25 Honey, I Shrunk the Kids: TV Show
When science is serious fun. Text

9.10 So Weird
Stories are based on actual reported paranormal phenomena.

9.35 Bone Chillers Text
A fright fest with a broad streak of humour. Text

10.00 Home Improvement
10.30 Flipper Text
11.15 Eyewitness Text
11.50-12midnight Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

M*A*S*H
Sky Cinema 10.05pm
Those only familiar with the slick TV spin-off of Robert Altman's darkly comic Korean War classic may be shocked by its rough style and the portrayals of Eliott Gould and Donald Sutherland as roguish US medics 'Trapper John' and 'Hawkeye'. But it remains a potent indictment of war.

GENERAL

Perversions of Science
Sci-Fi Channel, 9.30pm
This series of self-contained stories is notable for its special effects and 'spot the guest star' casting. Tonight's episode, *Panic*, is a reworking of HG Wells's *War of the Worlds*, with indie film regular Jason Lee (*Mallrats, Chasing Amy*) and Jamie Kennedy (*Scream, Scream 2*).

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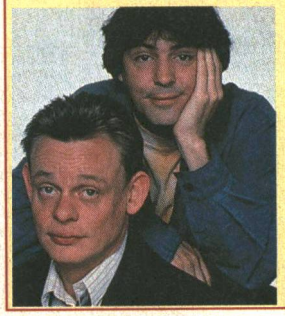
UK GOLD

MEN BEHAVING BADLY
9.00PM
Why has Deborah agreed to spend the night with Tony? Why has Gary painted Dorothy's record green? And who was it that died in a tragic canoeing accident? There are two episodes in store tonight with everybody's favourite bachelor boys.

Wednesday 21 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Golf
Action from the PGA Senior Players' Championship in Dearborn, Michigan.
8.30 Grand Touring
Coverage of the fifth round of the FIA GT Championships in Zolder, Belgium.
9.30 Cycling
11.00 Cycling – LIVE
Live coverage of the 192km stage of the Tour de France from Lannemezan to Pau.

3.00 PM
The action continues in the Pyrénées region as the main contenders begin to emerge.

4.00 PM

4.30pm Cycling
Highlights of today's stage of the Tour de France, Lannemezann to Pau.

5.00 PM
5.15 Football – LIVE
Coverage of a group match in the European Under-18 Championships in Sweden.

6.00 PM

7.00 PM
7.00
Start Your Engines
Motor sports action, including coverage of the FIA Sports Car World Cup.
7.45 Football – LIVE
Coverage of the second leg of the first qualifying round of the Champions League. This first qualifying round gathers the 22 champion clubs of the associations ranked between 27th and 48th place in the Uefa rankings
9.45 Cycling
Highlights of today's stage of the Tour de France.

8.00 PM

9.00 PM

10.00 PM

11.00 PM
11.00 Tennis
Action from the ATP Mercedes Cup in Stuttgart.
11.45-12.30am
Start Your Engines

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Live Wire
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Fastrax 10.00 Rugby League Academy
11.00 Equestrian
12noon Aerobics Oz Style
12.30pm Golf: LPGA 1999 – Japan Airlines Big Apple Classic 2.30 Totalsport

3.00 Wheelbase: Wheelbase Club
Everything from hill-climbs to auto-tests and sprints are covered in an electrifying 30 minutes.

4.00 Fastrax
4.30 V-Max
The series that gives an insight into the world of speed on land, water and in the air.

5.00 WWF – Shotgun
Catch the World Wrestling Federation at its best, as Michael Cole and Kevin Kelly provide up-to-the-minute news.

6.00
Sky Sports Centre
6.30 European Tour Weekly
Essential round-up of Euro Tour Golf.

7.00 Pavilion End
Charles Colvile rounds-up all the latest cricket action and looks ahead to some of the forthcoming first class competitions.

8.00
Greyhounds – LIVE
An evening at the dog track with live coverage of the latest major meeting.

10.00
Sky Sports Centre
10.15 Pavilion End
Charles Colvile rounds-up all the latest cricket action and looks ahead to some forthcoming competitions.
11.15
World Motocross Championship
11.45
Sky Sports Centre
12midnight
Rugby League World
1.30am Pavilion End
Charles Colvile rounds-up all the latest cricket action and looks ahead to some of the forthcoming competitions.
2.30-2.45am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Xtreme: Sports Unlimited 10.00 Wheelbase 11.00 Fastrax 11.30 V-max
12noon Table Tennis: Brazilian Open 1.00pm Equestrian: Spruce Meadows 2.00 Pool: World Pool Championship - LIVE
The live action continues on day five of the 1999 World Pool Championship at the Cardiff International Arena. With a strong field of professional players , including Mosconi Cup winners Johnny Archer and Earl 'the Pearl' Strickland, this tournament is essential viewing.

5.30 World Motocross Championship
A round-up from the World Motocross Championship.

6.00
Watersports World
The show that gives the viewer a comprehensive insight into a number of watersports.

7.00 Pool: World Pool Championship - LIVE
The live action hots up in the second session of the fifth day's play in the World Professional 9-ball Championships at the Cardiff International Arena.

10.30 Golf Extra
Essential viewing for golfing enthusiasts or those who would simply like to know more about the game. This programme offers a comprehensive round-up of all the significant action.

12.30am Xtreme: Black Diamond Sports
1.30 World Motocross Championship
Round-up of all the latest championship news.
2.00 Watersports World
3.00-3.15am
Sky Sports Centre

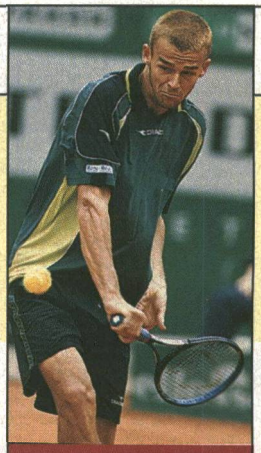
SKY SPORTS 3
PREMIUM CHANNEL

12noon WWF – Shotgun
Michael Cole and Kevin Kelly provide up-to-the-minute news from the previous week, along with match classics and commentary.
1.00pm
Xtreme: Sports Unlimited
Comprehensive look at the world of alternative sports.
2.00 Superbouts: Jones Jr v Hopkins

3.00 Brian Moore Interviews
3.30
Asian Sports Show
A variety of sports from Asia and North Africa.
4.00 Golf Extra
A comprehensive round-up of the developments in the world of golf, including results, forthcoming events and the form of the world's most talented stars. For golfing enthusiasts, this is essential viewing.

6.00 The Winning Post: Leicester/ Sandown – LIVE
A live horse racing double-bill as Jeff Stelling presents all the action from Leicester and Sandown.

8.00
Rugby League World
The programme that keeps you up to date with all the latest rugby league developments, from the Super League to the Australian National Rugby League championship.
9.30
Sporting Auction: Golf Memorabilia Preview
10.00-11.30pm
FA Cup Classics: Manchester United v Everton
The first sending off in an FA Cup Final and a dramatic late goal made the 1985 Wembley showcase one of the most memorable in recent years. Andy Gray reviews the action.



Brazilian Gustavo Kuerten hopes for a successful defence of his ATP, Stuggart title. Eurosport 11.00pm

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Reds on the Green
7.00
Junior Masterfan
Teams of Under 16s compete to be MUTV's Junior Masterfan.
7.30 Red Legends
8.00 Red Hot News
8.15
Super Match Shorts
8.30 Super Match – Premier Classic
Relive the drama and excitement of a great match from the past.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
The action continues in tonight's game.
10.30 Red Hot News
The latest Reds news
10.45
Super Match Shorts.
11.00
Reserves Replayed
11.30-12midnight
Best of Masterfan
Anthony Wilson puts the questions to the supporters who, hopefully, provide the answers.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre
12noon The Twilight Zone
1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Galactica Discovers Earth
After a 30 year search the Battlestar *Galactica* has found earth.

4.00
The Incredible Hulk
Equinox
McGee follows Banner to a masquerade party where he is a reluctant guest.

5.00 Sightings
Extraordinary real-life stories involving the paranormal, luck, superstition, UFOs or near-death experiences.

6.00
The Invisible Man
Barnard Wants Out
A renowned scientist who defected to Europe wishes to return to America.

7.00 The Six Million Dollar Man
Fires of Hell
A Congressman sabotages an important oil drilling test site.

8.00 The Net
Bulls and Bears
Angela takes a job at a brokerage firm to stop the Praetorians from stealing $100 million.

9.00 Dark Skies
Hostile Convergence
Sci-fi thriller series set in Sixties America against a backdrop of political intrigue and cover-ups.

10.00 FILM: Tremors 2: Aftershocks
Fred Ward, Christopher Gartin Hoover
After undermining half of Mexico in the original movie, the burrowing Graboids are back to commit more tunneling terror in different parts of the world. *1995*

12midnight PSI Factor – Chronicles of the Paranormal
1.00am FILM: Witchboard – the Possession
David Nerman
Horror. *1995*
2.40 Sci-Focus Special
3.00-4.00am Dark Shadows

ATP, STUTTGART
EUROSPORT 11.00PM

It's that time of the year in the tennis season when the New World players head back to the USA for hard courts. Meanwhile, most Europeans stay home for their own clay court tournaments, such as the Mercedes Cup in Stuttgart which takes place this week and lists a long line of Europeans as past winners. Brazil's Gustavo Kuerten, however, can't resist another clay court victory opportunity and will defend the title he won last year against Karol Kucera of Slovakia.

ITV2
ACCESS PACK

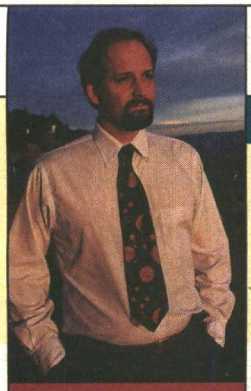
4.00pm Trisha
5.05 The Mix
A weekly rundown of charts, gossip and interviews, presented by Shovell of pop band M People.
6.05 Wilmot
Wilmot and Cash
Wilmot and Terry plan to buy a very special present - but where will they get the money from?
6.30 Bedrock
7.30 Sport Zone: MTB
8.00 Chequered Flag
Motoring magazine.
9.00 Babes in the Wood
Sitcom about a divorced wheeler-dealer who lives next to three feisty girls in fashionable St John's Wood.
9.30 Desperately Seeking Stardom
The lease on the house is up and the young actors must decide whether to stay in LA
10.00 Holidays from Hell
Vexatious vacations.
10.30 Drivers from Hell
11.00 Coronation Street
11.30 Emmerdale
12midnight Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
1.00am Wide Angle
Katie Derham looks at the week's news, and how it has been covered by the media.
1.30-2.00am Trevor McDonald Meets...

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Adult Feature
12.20 FILM: Adult Feature
1.00
The Five Minute Free View
1.05 FILM continues
1.30 FILM: P2
2.40 FILM: Adult Feature
3.50-4.00am Brenda
Erotic feature.

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Wednesday 21 July



'Planet Hunters' with Geoff Marcy looks at the pioneers of astronomy. UK Horizons 9.00pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with a collection of mental and physical challenges which take the team through four zones. Presented by Richard O'Brien.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the celebrities hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Judge Judy 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
The Fashion Show
Review of catwalk trends.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.

11.30
Strip Masterbrain
11.45 Janeycam
12midnight Compromising Situations 12.30am Private Dancer 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 From the Ground Up 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network 12.30pm A Year at Ballymaloe 1.00 Coxon's Kitchen College 1.30 Passion for Flavour 2.00 Newman Meets 2.30 Food Network Daily 3.00 Tastes of Britain 3.30 Aldo and Friends
With Jennifer Paterson.
4.00 A to Z of Food and Beauty
Legs
4.30-5.00pm Simply Baking

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Tracing Food Fashions
Hosted by Sarah Greene.
5.30 Get Smart
Operation Ridiculous
6.00 I Spy
Mainly on the Plain
Boris Karloff stars as an eccentric scientist who refuses to take the threats of enemy agents seriously.
7.00 Boon
Lost on the Range
Boon and his faithful posse are called in to provide security for some local stables.
8.00 Motorway
Documentary series capturing life in the fast lane.
8.30 Superchefs
Tony Tobin v Paul Merrett
9.00 Soldier, Soldier
Shifting Sands
Rivalry with the local Kiwis threatens to get out of hand – as does Sergeant Wilton's private life.
10.00 Pie in the Sky
Lemon Twist
Fisher is having second thoughts about the job, and Pie has customers queueing at the door.
11.00
Hill Street Blues
Officer of the Year
Calletano is declared Hispanic Officer of the Year.
12midnight-1.00am I Spy
Mainly on the Plain
Boris Karloff stars as an eccentric scientist who refuses to take the threats of enemy agents seriously.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Animal related cases.
12.30pm Judge Wapner's Animal Court
A woman claims the defendant cut her horse's toe off.
1.00 Hollywood Safari
Bernice and Clyde
2.00 The Blue Beyond
Storm Over Albuquerque
3.00 Private Lives of Dolphins
Researchers attempt to make sense of the complex existence of the bottle-nosed dolphin.
4.00 Rediscovery of the World
Lilliput in Antarctica
Jacques Cousteau's expedition team take children to Antarctica.
5.00 Wildlife SOS
A fox is admitted to the centre with fatal injuries.
5.30 Wildlife SOS
A bat is given its first feed and takes its first flight.
6.00 Harry's Practice
A look at the work of vet Harry Cooper in his practice in northern Tasmania.
6.30 Harry's Practice
7.00 Animal Doctor
Vets attempt to help those who cannot help themselves.
7.30 Animal Doctor
With RSPCA vets.
8.00 Judge Wapner's Animal Court
Two animal-related cases.
8.30 Judge Wapner's Animal Court
Two animal-related cases.
9.00 Emergency Vets Special
A one-hour special reprising some of the best moments from Emergency Vets.
10.00
Emergency Vets
More stories from Alameda East Veterinary Hospital.
10.30
Emergency Vets
11.00-12midnight
Animal Weapons
Fatal Encounters
A look at the various ways animals have developed to protect themselves.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Great Egg Race 7.30 Rule Britannia 8.30 Esther 9.00 Amazing World of Animals 10.00 Amazing World of Animals 11.00 Rolf's Amazing World of Animals 11.30 Rolf's Amazing World of Animals 12noon Lion Country 12.30pm Animal Hospital 1.00 Challenging Children 2.00 Jewish Wedding
3.00 The Great Storm – A 999 Special
Michael Buerk introduces a special programme about the worst storms to hit Britain for 300 years.
4.00 Airport
It is judgement day for Heathrow's beleaguered catering staff.
4.30 Esther
Celebrity Siblings
5.00 Lion Country
Behind the scenes look at the stately home of Longleat.
5.30 Flying Foresters
A look at fruit bats.
6.00 Romer's Egypt
John Romer continues his historical pilgrimage.
6.30 War Walks
Blitz
With Richard Holmes.
7.00
Supersonic Dreams
The first of two programmes on the struggle to build the ultimate car.
8.00 Supersense
Sixth Sense
A look at the survival techniques animals use.
8.30 Animal Hospital
With baby squirrels.
9.00 Planet Hunters
The discovery of the first planets beyond our solar system and the possibility of life beyond our galaxy. With Geoff Marcy.
10.00 Airport
Heathrow is put on full emergency alert when a pilot makes a rare Mayday call to air traffic control.
10.35 Airport
11.05 Top Gear GTi
12.05am-1.00am
Dogs of War
Stephen Lambert's disturbing film following a group of British mercenaries fighting in the Yugoslavian civil war.

UK PLAY:
1.00am Game On 1.35 Podge and Rodge 1.45 Lucas and Walliams 2.15 Flatmates 2.45 Funny Noise 3.15 Jamie Theakston's Pick 'n' Mix 3.45 Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Fashion Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Simply Greek 9.30 Craftwork 10.00 Intimate Portrait 10.30 Behind the Velvet Ropes 11.00 Rosemary Conley 11.30 Gardeners' Diary 12noon Montel Williams 1.00pm Health Livetime 2.00 View
3.00 Health Livetime
A look at conventional treatments and alternative remedies, plus all your health queries answered by doctor Chris Steele.
4.00 The Montel Williams Show
Viewers Confront Past Guests
Award-winning American chat show.
5.00
Gardeners' Diary
5.30-6.00pm
Rosemary Conley's Low-Fat Cook Book

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Hippo!
Visit the small West African country of The Gambia.
7.30
Heart of the Congo
8.00
In Search of Zombies
8.30 Kumari: The Strange Secret of the Kingdom of Nepal
A real living goddess.
9.00
Fate of the Juveniles
A look at the elephants in the Tuli Game Reserve in Botswana whose numbers have greatly increased.
10.00 Tiger Week: Land of the Tiger
This programme takes viewers to two national parks in the heart of India. With Stanley Breeden.
11.00 Treasures from the Past
Take an in-depth look at such treasures as a classic car, a vintage aircraft and a carousel.
12midnight
After the Hurricane
Florida residents try to rebuild their homes, businesses and lives in the aftermath of Hurricane Andrew.
12.30am-1.00am
The Last Emperor's Fish

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 Eden
10.30
Women of South Beach
12midnight Freeview
12.12am First Timers
12.35 Suburban Secrets
12.50 FILM: A Time to Thrill
2.10 Lap it Up
2.30 Rainwoman 10
3.40-4.00am
Teri Diver's Bedtime Tale

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MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
Back-to-back hits.
2.00pm European Top 20
The top hits from the Continent.
3.00 Bytesize MTV
4.00 Select MTV
Live from London's Sound Republic, with Donna Air.
6.00 Bytesize MTV
7.00 brand:new
8.00 The Lick R&B Chart Show
9.00 Daily Edition
9.30 Say What??
Karaoke show.
10.00 MTV Live – Garbage
Garbage from Le Zenith in Paris earlier this year.
10.30 Movie Special
11.00 Mad 4 Hits
12midnight Yo!
MTV's weekly rap music show featuring guest hosts, video clips and celebrity interviews.
1.00am MTV Live – Garbage
1.30 Stylissimo!
2.00-6.00am Night Videos
All through the night.

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Toyah Willcox 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.30 Talk Music 5.00 VH1 Live 6.00 Greatest Hits of... REM 6.30 VH1 Hits 9.00 Bob Mills' Big 80s 10.00 The Millennium Classic Years: 1977 11.00 Gail Porter's Big 90s 12midnight VH1 Flipside 1.00am Around & Around 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 The Antiques Inspectors 11.00 The House Detectives 11.30 Moving People 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 A Taste of Africa 2.00 Style Street 2.30 How Does Your Garden Grow? 3.30 Travel Show Guides 4.00 Travel Show Guides 4.30 a la Mode 5.00 Antiques Roadshow US 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Looking Good 9.30 Good Living 10.00 Home Front 10.30 The House Detectives: Sedbergh 11.00 Garden Stories 11.30 Growing Places 12midnight Gardeners' World 12.30am-1.00am Stefan's Garden Roadshow

Wednesday 21 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 Grassroots 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 A River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
4.30 Walker's World
Switzerland
The popular skiing area of Bernese Oberland.
5.00 Flightline
The use of aircraft as rainmakers in South Africa.
5.30 Ancient Warriors
The Shaolin
The battling Buddhists.
6.00 Zoo Story
Stories from London Zoo.
6.30 Man-Eating Tigers
Why some normally wary tigers repeatedly kill and devour humans.
7.30 Great Escapes
Lost in the Desert
How two people managed to escape with their lives when crossing the Sahara.
8.00 Wonders of Weather
Hurricane
8.30 Wonders of Weather
Lightning
9.00 The Andes
Along the Mighty Peaks
Focusing on the immense power of the Andes, the product of millions of years of geological activity.
10.00 Planet Ocean: The Sea of Evil
Embarking on a journey to the still relatively unknown world of the ocean to examine its mysteries.
11.00 Wings
Target Berlin
The P-51 Mustang, an aircraft used to great effect during WWII.
12midnight Golden Hour
Emergency Call Out
How the doctors of London's emergency medical service deliver top-level treatment.
1.00am Flightline
1.30-2.00am Ancient Warriors
The Shaolin
The battling Buddhist monks.

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Ed, Edd 'n' Eddy 12.30pm Animaniacs 1.00 Ed, Edd 'n' Eddy 1.30 2 Stupid Dogs 2.00 Ed, Edd 'n' Eddy 2.30 The Powerpuff Girls
3.00 Ed, Edd 'n' Eddy
Adolescent adventures with the three friends.
3.30 The Sylvester and Tweety Mysteries
4.00 Ed, Edd 'n' Eddy
Adolescent adventures.
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Ed, Edd 'n' Eddy
Adolescent adventures.
5.30 Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Ed, Edd 'n' Eddy
Adolescent adventures with the three friends.
6.30 The Flintstones
Stone Age fun with the cavemen of Bedrock.
7.00 Tom and Jerry
Animated antics with the constantly sparring cat and mouse duo.
7.30 Looney Tunes
Classic cartoons.
8.00 Cartoon Cartoons
8.30-9.00pm Freakazoid!
On-line super heroics.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blue's Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Cartoon adventures.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap laughs with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
It's a Love Thang
Romance is in the air.
7.30 Jenny
Madcap comedy.
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
Togetherness
Jamie regrets hiring Paul as a video director.
9.00 Ellen
30 Kilo Man – Part II
9.30 Spin City
Criss Cross
Michael stands in for the mayor on a political show.
10.00 Frasier
The Impossible Dream
Frasier's recurring dream is broadcast on air.
10.30 Cheers
Never Love a Goalie
11.00 Dressing for Breakfast
Sitcom about a woman's search for love.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Goosebumps or Oggy and the Cockroaches 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
3.35 Spiderman
Adventures with the crime-fighter extraordinaire.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
A collection of spooky tales.
5.00 Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
The animated adventures of the pet detective.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Jewellery Box
8.30 Branded!
9.30 Fitness Zone
10.00 Beauty Secrets
11.00 The Gold Collection
12noon Cook's Den
All you need to enjoy fabulous food outdoors.
1.00pm Bargain Shop!
Today's great offers at bargain prices.
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 The Gift Store
More great ideas for those special people in your life.
3.00 Travel Bag
Another hour of summer essentials to make your holiday perfect.
4.00 Collectors' Shop!
A look at collectable mythical figures.
5.00 Shop! Selection
A round-up of the latest best-sellers on Shop!
6.00 Beauty Secrets
Improve the condition and look of your skin with this range of beauty products.
7.00-8.00pm Travel Bag
Another hour of summer essentials to make your holiday perfect.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 8.00 News 9.30 The World Today 10.00 News 12noon News 1.30pm UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia Business 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fox Files 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.00 News on the Hour 1.30 Your Call 2.30 Sky Business Report 3.30 Global Village 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 Funambule 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Les Cœurs Brûlés 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Les Cœurs Brûlés 3.00 Journal 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Les Cœurs Brûlés 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de L'Etape du Jour 9.00 Journal 9.15 Jasmine 10.15 Splendeurs Naturelles d'Europe 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Subah AAJ Tak 8.30 Jai Veer Hanuman 9.00 FILM 11.30 News 12noon Balcony 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Choree Chupke 4.30 Mahanagar 5.00 Ghar Galiyan Aur Raaste 6.00 Edit 6.30 Asianet Aur Aap 7.00 Sanasar 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight UMC 12.30am Asianet Aur Aap 1.00 FILM 4.00 Mahanagar 4.30 A Mouthful of Sky 5.00 Sansar 5.30 Mumkin 6.00 Choree Chupke 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Namaste India 8.30 Tara 9.00 Rishtey 10.00 Dhoop Kinarey 11.00 Khoobsurat 11.30 Parampara 12noon FILM 3.00pm Do Aur Do Paanch 3.30 Hip Hip Hurray 4.00 Filmi Chakkar 4.30 Cross Fire 5.00 Jungle Book 5.30 Hasratein 6.00 Classics of Sa Re Ga Ma 7.00 Baat Ban Jaye 7.30 Banegi Apni Baat 8.00 News Bulletin 8.30 Amanat 9.00 Deewagani 10.00 Knock Knock Kaun 10.30 Woh 11.00 Purush Kshetra 12midnight News Bulletin 12.30am Pakistan Business Week 1.00 Hasratein 1.30 Parivartan 2.00 FILM 5.00 Hasya Tena Ghar Vasya 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Let the Fire Burn 5.30 7 à Vivre 6.00 Life is for Living/Hillsong 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Revival Now 9.00 Another Day of Victory 9.30 Rick Joyner 10.00 Dr AR Bernard 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 2.49am Kavanagh's Picks

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 11.00pm Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Moonshot
And Never Give Up
12.55pm Photos for the Future
1.00 Moonshot
As it Happened
2.00 Biography
Lyndon B Johnson
3.00 World War I
Behind the German Lines
3.30 Men in Crisis
Pershing Vs Ludendorff
4.00 Clash of Wings
5.00 Classic Cars
Firebird
6.00 Lost Spirits of Cambodia
6.55 Photos for the Future
7.00 Edward Windsor Presents... Cinque Ports
7.30 The Warrior Queen
8.00 Biography
Bill Clinton
9.00 World War I
Year of Lost Illusions
9.30-10.00pm Men in Crisis
Windsor Vs The Crown

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Jade Collectables at 8.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

PHOTOS: CARLTON FOOD NETWORK

Beetroot risotto with beetroot crisps and herb salad

Preparation time: 10 minutes
Cooking time: 60 minutes
Serves 6

Ingredients
450g (1lb) risotto rice
100g (3½ oz) butter
100g (3½ oz) smoked bacon, chopped
100g (3½ oz) mushrooms, chopped
1 medium onion, finely chopped
200g (7oz) freshly grated Parmesan
1½ litres (3 pints) chicken stock or water
200g (7oz) beetroots with leaves for cooking

To serve
A small amount of chervil, dill and tarragon leaves for a herb salad dressed in olive oil
100g (3½ oz) beetroot, washed, finely sliced and deep fried into crisps

Method

1 Fry the smoked bacon, mushrooms and onion in half of the butter until the onion is soft.
2 Add the rice to the onion, mushroom and bacon mix and fry for 2 minutes.
3 Slowly add the stock water to the pan and boil for about 20 minutes until the rice is cooked and the liquid has been reduced.
4 Pick the leaves off the beetroots, wash and steam them for five minutes, then shred.
5 Wash and peel the beetroots and cook for about 40 minutes until tender.
6 Blend the cooked beetroot to form a purée.
7 Mix the beetroot purée, shredded beetroot leaves, remaining butter and the Parmesan together to make a sauce.
8 Combine the rice mixture and the beetroot sauce together and serve on a dish with a fresh herb salad and beetroot crisps.

THE BEET ROUTE

Ross Burden heads to America for his new 13-part series *Ross on the Range*, an action-packed, five state tour covering the history, culture, sights, people and, of course, the food. This recipe (see left) is one of his all-time favourite dishes. It is a delightfully delicious and fantastically colourful dish using the unfairly maligned beetroot!

Carlton Food Network, from Monday 5th, 2.00pm, see listings for repeats

The great outdoors

Perfect for the hot summer, Carlton Food Network is devoting a weekend to outdoor dining. Tune into the *Al Fresco Weekend* and enjoy a gastronomic mini break, which includes a tour through France with French chef Bruno Loubet in *Chez Bruno* (Saturday 31st, 9.30am), dejeuner à deux with the beautiful Darcey Bussell and chef Ed Baines (above, Saturday 31st, 3.00pm), and *Food for Thought* with Sarah Greene, who'll be looking at top nosh in the great outdoors.

Carlton Food Network, Saturday 31st and Sunday 1st August, from 9.00am-5.00pm

CABLE CHANNEL CONTACTS

Don't be shy! Write to your favourite cable channel

THE ADULT CHANNEL
PO Box 308, Hayes, Middlesex UB3 4XB
adult@spicecos.com

ASIANET LTD
PO Box 291, Unit 1 Endsleigh Industrial Estate, Endsleigh Road, Southall, Middlesex UB2 5QR
info@asianet-tv.com

BBC NEWS 24
80 Wood Lane, London W12 0TT
newsonline@bbc.co.uk

BBC PARLIAMENT
80 Wood Lane, London W12 0TT
parliament@bbc.co.uk

BLOOMBERG INFORMATION TELEVISION
Citygate House, 39-45 Finsbury Square, London EC2A 1PQ
feedback@bloomberg.com

THE BOX
Imperial House, 11-13 Young Street, London W8 5EH

CARLTON SELECT, CARLTON FOOD
27 Mortimer St, London W1N 7RJ
hello@carltonfoodnetwork.com

CARTOON NETWORK
18 Soho Square, London W1V 5FD
cartoon.europe@turner.com

CHALLENGE TV
160 Great Portland St, London W1N 5TB
challengetv_enquiries@flextech.co.uk

THE CHRISTIAN CHANNEL EUROPE
Television Centre PO BOX 232 Sunderland SR1 1YJ

CNBC
4th Floor, 3 Shortlands, London W6 8BX
feedback@cnbceurope.com

CNN INTERNATIONAL
CNN House, 19-22 Rathbone Place, London W1P 1DF
cnn.feedback@cnn.com

DISCOVERY CHANNEL, DISCOVERY HOME & LEISURE ANIMAL PLANET
160 Great Portland St, London W1N 5TB
comments_uk@discovery.com

DISNEY CHANNEL
Centre West, 3 Queen Caroline St Hammersmith London W6 9PE
tdctalk@studio.disney.com

EUROSPORT UK
55 Drury Lane, London WC2B 5SQ
email via *www.eurosport.com*

FILMFOUR
124 Horseferry Road, London SW1P 2TX
feedback@filmfour.com

FOX KIDS
338 Euston Road London NW1 3AZ

GMTV
The London Television Centre, Upper Ground London SE1 9TT

GRANADA PLUS, GRANADA BREEZE, MEN & MOTORS
Franciscan Court, 16 Hatfields, London SE1 8DJ
plus@gsb.co.uk
breeze@gsb.co.uk
men@gsb.co.uk

THE HISTORY CHANNEL
6 Centaurs Business Park, Grant Way, Isleworth,Middlesex TW7 5QD
feedback@sky.co.uk

ITV2
Network Centre 200 Grays Inn Road London WC1X 8HF
frontroom@itv2.co.uk

LIVE TV
24th Floor, One Canada Square, Canary Wharf, London E14 5AP
cable@livetv.co.uk

LIVING
160 Great Portland Street, London W1N 5TB
webmaster@livingtv.co.uk

MTV
17-29 Hawley Crescent, London NW1 8TT
info@mtv.co.uk

MUTV
274 Deansgate Manchester M3 4JB

NATIONAL GEOGRAPHIC CHANNEL
6 Centaurs Business Park, Grant Way, Isleworth, Middlesex TW7 5QD
feedback@sky.co.uk

NICKELODEON
15-18 Rathbone Place, London W1P 1DF
Email2Nick@aol.com

PARAMOUNT COMEDY CHANNEL
15-18 Rathbone Place, London W1P 1DF

QVC
Marcopolo House, Chelsea Bridge, Queenstown Road, London SW8 4NQ
qvcuk_webmaster@qvc.com

THE SCI-FI CHANNEL
77 Charlotte Street, London W1P 2DD
feedback@www.scifi.com

SHOP! THE HOME SHOPPING CHANNEL
100 Old Hall Street Liverpool L70 1DX

SKY PREMIER, SKY MOVIEMAX, SKY CINEMA, SKY ONE, SKY NEWS, SKY SOAP, SKY SPORTS 1, 2 & 3, SKY BOX OFFICE
6 Centaurs Business Park, Grant Way, Isleworth,Middlesex TW7 5QD
feedback@sky.co.uk

TELEVISION X: THE FANTASY CHANNEL
PO Box 7302, London E14 9EH
televisionx@televisionx.co.uk

TNT
18 Soho Square, LondonW1V 5FD
tnt.europe@turner.com

TRAVEL
66 Newman Street, London W1P 3LA
webmaster@travelchannel.co.uk

TV5 EUROPE
15 Rue Cognacq-Jay, 75007 Paris, France
debreil@europe.tv5.org

UK GOLD, UK ARENA, UK STYLE, UK HORIZONS, UK PLAY
160 Great Portland St, London W1N 5TB
talkback@ukhorizons.co.uk

VH1
17-29 Hawley Crescent, London NW1 7EP
vh1.text@mtvne.com

ZEE TV
Unit 7, Belvue Business Centre, Belvue Road, Northolt, Middlesex UB5 5QQ

Thursday 22 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am Places in the Heart
1984, rating Sky PG, 107 mins
8.00 Green Card
1990, rating Sky PG, 103 mins
10.00 Bogus
Whoopi Goldberg, Gérard Depardieu
Text *1996, rating Sky PG, 107 mins*
12noon Give My Regards to Broad Street
Paul McCartney, Bryan Brown
1984, rating Sky PG, 104 mins
2.00pm Places in the Heart
Sally Field, John Malkovich
1984, rating Sky PG, 107 mins

3.00 PM
Moving drama about one woman left on her own to bring up a family and manage her farm, where she is joined by an itinerant worker and a blind lodger.

4.00 PM
4.00 Green Card
Gérard Depardieu, Andie MacDowell, Bebe Neuwirth
Affable romantic comedy which marked Gérard Depardieu's English-speaking debut. The hulking Gallic star plays a French immigrant who, living illegally in New York, marries a woman who needs a husband in order to take possession of a dream apartment. *1990, rating Sky PG, 103 mins*

5.00 PM
6.00 PM
6.00 Bogus
Whoopi Goldberg, Gérard Depardieu
Heart-warming comedy about a young orphan from Las Vegas who is sent to a foster mother in New Jersey, bringing with him his larger-than-life imaginary friend, Bogus. The film explores the world of imagination and its healing powers. Text *1996, rating Sky PG, 107 mins*

7.00 PM
8.00 Fathers' Day
Robin Williams, Billy Crystal, Julia Louis-Dreyfus
Hilarious tale of two men visited by an old flame who convinces them both that they are the father of a son they never knew they had. The boy has gone missing, and it is up to the fathers to find him. Based on the 1984 French film *Les Compères.* Text *1997, rating Sky 12, 95 mins*

8.00 PM
9.00 PM
10.00
Barry Norman's Film Night
More movie news.
10.30 LA Confidential
Guy Pearce, Russell Crowe, Kevin Spacey, Kim Basinger
Period thriller set in the Fifties, following a by-the-book detective who finds himself reluctantly teamed with a thug-like fellow cop to solve a murder case. Text *1997, rating Sky 18, 132 mins*

10.00 PM
11.00 PM
12.00
12.55am I'm Not Rappaport
Walter Matthau, Ossie Davis
Comedy. *1997, rating Sky 15, 130 mins*
3.10 Mistrial
Bill Pullman, Robert Loggia
1996, rating Sky 15, 88 mins
4.45-6.45am Give My Regards to Broad Street
1984, rating Sky PG, DS, 104 mins

NIGHT TIME

SKY MOVIEMAX
PREMIUM CHANNEL

7.10am Guinevere
Sheryl Lee, Noah Wyle
1993, rating Sky PG, 87 mins
9.00 Married to a Stranger
Jaclyn Smith, Robert Clohessy
1997, rating Sky PG, 88 mins
11.00 Holy Matrimony
Patricia Arquette, Tate Donovan
1994, rating Sky PG, 89 mins
1.00pm Suddenly
Kirstie Alley, Jason Beghe
1996, rating Sky PG, 90 mins

3.00 PM
3.00 Guinevere
Sheryl Lee, Noah Wyle, Sean Patrick Flannery
Modern updating of the Arthurian legends, about a woman caught between her love for two men. Married to King Arthur, she finds herself still attracted to the dashing Sir Lancelot, all the more so when she becomes aware of Arthur's infidelity. *1993, rating Sky PG, 87 mins*

4.00 PM
5.00 PM
5.00 Married to a Stranger
Jaclyn Smith, Robert Clohessy, Kim Coates, Louise Fletcher
When Megan Potter hits her head in the kitchen she awakes with severe amnesia, forgetting she has a husband and teenage daughter. With the help of a friendly psychiatrist she must decide whether to stay with a family who are strangers to her. *1997, rating Sky PG, 88 mins*

6.00 PM
7.00 PM
7.00 Holy Matrimony
Patricia Arquette, Tate Donovan
Drama about a couple, Havana and Peter, who steal the takings from the State fair and take refuge in Peter's Hutterite community home, masquerading as husband and wife. But when Peter is killed in an accident, his brother must, according to Hutterite tradition, marry Havana. *1994, rating Sky PG, 89 mins*

8.00 PM
9.00 PM
9.00 Silencing Mary
Melissa Joan Hart, Lisa Dean Ryan, James McDaniel
PREMIERE Drama, based on several real cases, about a female student who is the victim of an on-campus rape – her assailant being a college football star. When she reports the crime to the student judiciary body, a cover-up operation is instigated. *1998, rating Sky 12, 85 mins*

10.00 PM
11.00 Mind Prey
Eriq La Salle, Sheila Kelley
Thriller about a police detective on the trail of a deadly criminal who has kidnapped a prominent psychiatrist and her children. *1998, rating Sky 15, 91 mins*

11.00 PM
12.00
12.35am Buffalo Soldiers
1997, rating Sky 15, 91 mins
2.10 Shadow Zone: The Undead Express
1996, rating Sky 15, 94 mins
3.50 Blood Diner
1987, rating Sky 18, 80 mins
5.15-7.00am Suddenly
1996, rating Sky PG, 90 mins

'Rita, Sue and Bob Too' enjoy a ménage à trois in this bawdy comedy FilmFour 10.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm
A Blueprint for Murder
Joseph Cotten, Jean Peters, Gary Merrill
Drama about a man who comes to suspect that a strychnine poisoner may be at work in the home of his nieces – but how can he prove it and what can he do to prevent there being another victim? *1953, rating Sky PG, 73 mins*

6.00 Storm Warning
Ginger Rogers, Doris Day, Ronald Reagan, Steve Cochran
Nail-biting drama about a woman who visits her sister, only to discover that she is married to a leading member of the Ku Klux Klan. Worse still, she witnesses a murder by the racist organisation, and is forced to help bring the killers to justice. *1950, rating Sky PG, 90 mins*

8.00 My Man Godfrey
Carole Lombard, William Powell, Alice Brayd, Mischa Auer
Comedy set in the depths of the Depression, in which an eccentric upper-crust family invite a tramp they find at the city dump to be their butler, soon discovering that he is considerably richer and more worldly than they. *1936, rating Sky U, 89 mins*

10.00 Blue Velvet
Kyle MacLachlan, Isabella Rossellini, Dennis Hopper, Laura Dern, Hope Lange, Dean Stockwell
David Lynch's cult thriller about a young man who delves beneath the perfectly normal outer surface of his small hometown and uncovers a seething nest of corruption, violence and horror. *1986, rating Sky 18, 115 mins*

12midnight
A Blueprint for Murder
1953, rating Sky PG, 73 mins
1.20am The Sniper
Adolphe Menjou, Arthur Franz
1952, rating Sky 15, 88 mins
2.55 Backfire
1949, rating Sky PG, 87 mins
4.30-5.40am The Bohemian Girl
1936, rating Sky U, 69 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

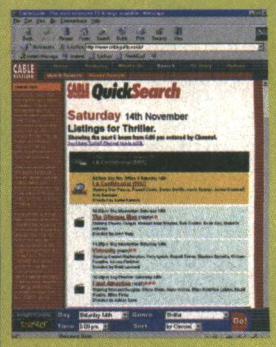
TNT
FAMILY PACK

9.00pm
Gore Vidal's Billy the Kid
Val Kilmer, Duncan Regehr, Wilford Brimley, Julie Carmen, Michael Parks, Rene Auberjonois
The story of the legendary gunslinger William Bonney who, after becoming involved in a violent ranch war, embarks on a trail of crime and murder across the Old West. Directed by William A Graham. *1989, 92 mins*

11.00 Billy the Kid
Robert Taylor, Brian Donlevy, Ian Hunter, Mary Howard
Western adventure telling the story of the notorious outlaw William Bonney. *1941, 91 mins*

1.00am Catlow
Yul Brynner, Richard Crenna
Fast-moving comedy Western about a roguish cattle rustler who tries to recover the hidden booty from a two-million-dollar gold robbery. *1971, 98 mins*

3.00-5.00am Apache Trail
Lloyd Nolan, Donna Reed
1942, 66 mins



WANT TO KNOW WHICH ISABELLA ROSSELLINI FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Late for Dinner
Brian Wimmer, Peter Berg, Bo Brundin, Marcia Gay Harden
Witty, inventive time travel comedy about two men who go on the run in 1962 and meet a scientist who freezes them, and wake up in the not-so-brave new world of 1992 where they try and pick up the pieces of their lives. *1991, 89 mins*

7.45 The Kitchen Child

8.00 A Private Function
Michael Palin, Maggie Smith, Denholm Elliot, Richard Griffiths
Alan Bennett's hilarious drama of social climbing and clandestine livestock, set in a small English village during the shortage-struck years following World War II. *1984, 92 mins*

9.40 Butter
Jane Horrocks, Richard E Grant
Bittersweet short film.

10.00
Rita, Sue and Bob Too
Siobhan Finneran, Michele Holmes, George Costigan
Alan Clarke's comedy about two teenage friends who babysit for Bob and Michelle. But when Michelle goes off sex, Bob starts looking elsewhere. *1987, 88 mins*

11.40 Gazon Maudit
Josiane Balasko, Alain Chabat
A serial adulterer takes home a mysterious stranger in a broken down car – only to find she's more interested in his wife. *1995, 103 mins*

1.30am Villain
1971, 94 mins

3.05-6.00am The Magnificent Seven
1960, 123 mins

SKY box office
A movies on-demand service from Cable & Wireless

Sky Box Office 2
Channel 52
MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen. *1998, rating Sky PG, 83 mins*
PLAYS AT 6.30am, 8.00am, 9.30am and 6.30pm

Sky Box Office 2
Channel 52
SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorized once more. Stars Neve Campbell. *1998, rating Sky 18, 115 mins*
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53
LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt. *1997, rating Sky PG, 124 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54
MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta. *1997, rating Sky 12, 110 mins*
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 22 and 23 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Thursday 22 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Are You Cheating? Take the Test

3.00 Jenny Jones
I'm A Big Beauty Looking For A Life Long Cutie
Full-figured guests ask Jenny for help in their search for love.

4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt!
5.00 Star Trek: Deep Space Nine
Broken Link
Odo is forced to return to the homeworld of his people and face judgement. Text
6.00 Dream Team
6.30 Friends
A chance to see the show that started the Friends phenomenon. This pilot programme that brings the 'friends' together. Text
7.00 The Simpsons
King of the Hill Text
7.30 The Simpsons
A Milhouse Divided
Milhouse's parents are granted a divorce. Text
8.00 Dilbert
Holiday
8.30 World's Weirdest Pets and People
Jenny Powell presents a light-hearted look at people and pets.
9.00 Friends
The One With Phoebe's Uterus
Phoebe's half-brother makes an astounding announcement. Text
9.30 Friends
The One With The Embryos Text
10.00 ER
Home
Dr. Lewis must choose between a career-enhancing opportunity and caring for Susie.

11.00 Friends
A chance to see the show that started the Friends phenomenon. This pilot programme that brings the 'friends' together. Text
11.30 Star Trek: Deep Space Nine
Broken Link
Odo is forced to return to the homeworld of his people. Text
12.30am The Chris Evans Breakfast Show
1.30 Law and Order
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00 All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Games

3.25 The Bill
Second Sight
Carver doesn't like her style but learns he'd better get used to it.
3.55 EastEnders
Ethel is forced to make a difficult decision - one that has serious consequences for a close friend.
4.30 Neighbours
Rick's pranks lead Dorothy to suspend him from school.
5.00 Dynasty
The Warning
Caress discovers Emily and Ben's secret when she witnesses a secret rendezvous. Blake is double-crossed by an old friend.
6.00 Bugs
All under Control
Science-fiction series. After one of the planes goes out of control, they receive a sinister fax and a blackmail demand.
7.00 Last of the Summer Wine
Flower Power Cut
Comic adventures with the three old men of the Pennines.
7.40 Dad's Army
No Spring for Frazer
Frazer loses a vital part.
8.20 The Brittas Empire
Sex, Lies and Red Tape
Gordon Brittas wants a new trampoline for the leisure centre
9.00 The Making of Terminator 2
Fascinating behind-the-scenes documentary.
9.35 FILM: Terminator 2: Judgment Day
Arnold Schwarzenegger, Linda Hamilton, Robert Patrick,
The cyborg assassin from the future returns on another mission in this Oscar-winning sci-fi sequel. This time the android is not alone in his journey through time. Another, more advanced, more deadly and apparently indestructible killing machine makes the trip too, setting the stage for a relentlessly violent rampage. *1991*
12.20am The Bill
12.50 The Bill
1.20 Shooting Stars
1.55-2.45am Backup
Touched
Drama series about highly trained uniformed officers who are called in to help contain crises.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Presented by Lorraine Kelly.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
The latest drama from the residents of Summer Bay, Australia.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests must choose between looks and personality.
6.00
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in discussion.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in discussion.
8.30
FILM: Desperate Journey – The Alison Wilcox Story
Mel Harris, Eddie Provost
Factually-based drama about a woman, five months pregnant, who survived 10 terrifying days in a raft after being shipwrecked by Hurricane Bob in August of 1991. *1995*

10.30 Sextasy!
Raunchy discussion show which looks at all aspects of erotica, hosted by Katrina Buchanan.
11.30-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
Open and Shut Case
Cagney and Lacey's faith in the legal system is tested when a solid homicide case crumbles. With Sharon Gless.
4.00 Minder
You Lose Some, You Win Some
After promising his wife that his gambling days are over, Maurice organises a gambling school which is later threatened.
5.00 Charlie's Angels
Angels On Vacation
While vacationing in the small town of Paylon, the Angels stumble on an elaborate plan to free a well-known strongman.
6.00 Emmerdale
Michael can't get anything right and Archie is accused of leading Lorraine astray.
6.30
Classic Coronation Street
7.00 Rising Damp
The Permissive Society
Comedy series.
7.30 The Two of Us
The Vital Spark
Classic comedy series.
8.00 Minder
You Lose Some, You Win Some
After promising his wife that his gambling days are over, Maurice organises a gambling school of six punters .
9.00 Cagney and Lacey
Open and Shut Case
American police drama.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
Weekly look at the motoring industry, featuring car launches from all over the world.
11.30 4 Wheels
Weekly motoring magazine.
12midnight
Great British Motorsport
A topical mix of British motorsport featuring coverage of the GT, MGF and National Saloon Car Championships.
1.00am-2.00am
Performance Power
Action sports from around the globe.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon
1.30 FILM: Noah *1998*

3.00 The Little Mermaid
The undersea adventures of mermaid Ariel. Text
3.30 Art Attack
Art Attack is the award-winning innovative art show. Text
4.00 101 Dalmatians
Canine capers and daring doggy deeds make for frantic fun. Text
4.30
Hercules: The TV Show
Hercules and the Spartan
5.00 Recess
An animated series from the creators of *Rugrats*. Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson Text
6.00 Smart Guy Text
6.30 Boy Meets World
Torn Between Two Lovers
Cory must choose between Topanga and Lauren, the girl he met on the recent skiing trip. Text
7.00 FILM: The Sword in the Stone
One of England's great legends receives the special Disney treatment, as this animated adventure re-tells the story of King Arthur. *1963* Text
8.20 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household. His kids often seem to find themselves inadvertently involved in his crazy experiments. Text
9.05 So Weird
Encountering the weird.
9.30 Bone Chillers Text
Another fright fest.
10.00 Home Improvement
10.30 Flipper
11.15 Eyewitness
11.50-12midnight
Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

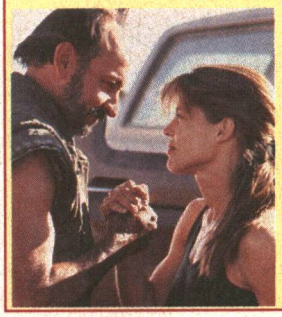
FILM

Green Card
Sky Premier 8.00am, 4.00pm
This feel-good odd couple romance from director Peter Weir is buoyed up by the larger-than-life presence of French hulk Gérard Depardieu, whose quirky character enters into a marriage with a stranger, Andie MacDowell, in a bid to remain in the United States.

GENERAL

Medical Detectives: Foreign Body
Discovery Channel 8.30pm
Another edition of this fascinating series about medical and forensic science. This programme follows the investigation that began in 1986 into mad cow disease, and the horrifying realisation soon after that the condition could be responsible for its human equivalent, CJD.

ADVERTISEMENT



UK GOLD

TERMINATOR 2
9.35PM
He said 'I'll be back' and he meant it. Arnold Schwarzenegger and Linda Hamilton star in this multi Oscar-winning blockbuster that contains some of the most brilliant special effects ever seen.

Thursday 22 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Swimming – LIVE
Coverage of the European Championships in Istanbul.
10.00 Tennis
10.30 Golf
11.30 Sailing
12noon Motocross
12.30pm Cycling
Tour de France Repeat.
2.00 Cycling – LIVE
Coverage of today's 17th stage of the Tour de France, from Mourenx to Bordeaux (184 km).

3.00 PM

4.00 PM
4.30 Cycling
Highlights of today's stage of the Tour de France.

5.00 PM
5.15 Football – LIVE
Action from a group match in the European Under-18 Championship in Sweden.

6.00 PM

7.00 PM
7.00 Racing Line
Highlights of the motorcycle Grand Prix of Germany; the FIA GT in Zolder; and the Porsche Supercup in Silverstone.

8.00 PM
8.00 Cycling
Highlights of today's stage of the Tour de France.

9.00 PM

10.00 PM
10.00 Boxing
Action from an international contest.

11.00 PM
11.00 Tennis
Highlights from the ATP Tournament in Stuttgart.
11.30-12.30am Racing Line

12.00 NIGHT TIME

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 World Wrestling Federation – Shotgun
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Pavilion End
10.30 Euro Tour Golf: TNT Dutch Open – LIVE
12.15pm Euro Tour Golf: Seniors British Open – LIVE
1.45 Euro Tour Golf: TNT Dutch Open – LIVE
Action from Hilversumsche Golf Club in Amsterdam in the second session of the first day's play of the TNT Dutch Open.

4.15 Euro Tour Golf: Seniors British Open – LIVE
The action continues from the Royal Portrush Golf Club in Northern Ireland where a prize fund of $560,000 is up for grabs.

6.00
Sky Sports Centre
6.30 Futbol Mundial
A show for the enthusiast, enriching every fan's knowledge of the game.

7.00
Trans World Sport
Global magazine rounding-up all the sporting activities of recent weeks from around the world.

8.00 Euro Tour Golf: TNT Dutch Open and Seniors British Open
Golfing action from the European Tour, with highlights from the TNT Dutch Open and the Seniors British Open.

10.00
Sky Sports Centre
10.15 Cricket: England v New Zealand Second Test
Opening day highlights from the second Test match between England and New Zealand. Lord's, 'the home of cricket', makes for a prestigious venue.
12.15am Sky Sports Centre
12.30 Trans World Sport
1.30 Futbol Mundial
2.00 Formula Three
2.30-2.45am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Sporting Auction: Golf Memorabilia Preview 8.45 Sky Sports Centre 9.00 Xtreme: Black Diamond Sports 10.00 Watersports World 11.00 Rugby League World 12.30pm World Motocross Championship 1.00 Watersports World 2.00 Pool: World Pool Championship – LIVE
Day six and the pace is gathering in the World Pool Championship, with live coverage from the Cardiff International Arena where the greatest players in the world are hoping to take a step nearer the final.

5.30 Xtreme: Black Diamond Sports

6.00 Sporting Auction: Golf Memorabilia Preview
6.30 Formula Three
Action from the current Formula Three series.

7.00 Pool: World Pool Championship – LIVE
The action continues from the Cardiff International Arena where the world's greatest players are gathered for the World Pool Championship.

10.30 Ford Golf USA: John Deere Classic
Action from the John Deere Classic, won last year by Steve Jones. The US PGA's top golfers are competing at the Oakwood Country Club in Illinois for a share of the $2million prize fund.
12.30am Tight Lines
1.30 Speedway: Elite Speedway League – Eastbourne v Coventry
4.00-4.15am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Superstars
1.00pm Xtreme: Black Diamond Sports
2.00 FA Cup Classics: Manchester United v Everton
The first sending off in an FA Cup Final and a dramatic late goal made the 1985 Wembley showcase one of the most memorable in recent years. Andy Gray reviews the classic action.

3.30
Rugby League World
From the battlefields of the Superleague to the intensity of the Australian National Rugby League Championship, this is essential viewing both for die-hards and newer fans of the sport.

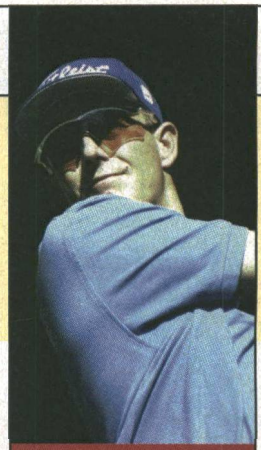
5.00 World Wrestling Federation – Superstars
One of the most riveting programmes on the World Wrestling Federation circuit.

6.00
Inside the PGA Tour
Experience life behind the scenes with the golfing legends of the PGA Tour.
6.30 Tight Lines

7.30 Speedway: Elite Speedway League – Eastbourne v Coventry – LIVE
Action from the clash between Eastbourne and Coventry in the Elite Speedway League. With its intriguing mix of past and present world champions and raw speed-merchants, British speedway is arguably the best in the world.

10.00-11.30pm
Bobby Charlton's Football Scrapbook: Roger Hunt
World Cup winner and Kop legend Roger Hunt re-lives some classic football memories with Dickie Davies and old playing rival, Bobby Charlton.

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.



Action from the TNT Dutch Open where Stephen Leaney defends his crown. Sky Sport 1 10.30am, 1.45pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Best of Masterfan
The hunt for Utd's top fan.
7.00 Super Match – Vintage Reds
A classic contest from the archives is dusted down for your viewing pleasure.

8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match – Premier Classic
A classic contest from the Premiership archives is dusted down for your viewing pleasure.
9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
More from tonight's classic contest.
10.30 Red Hot News
10.45 Super Match Shorts
11.00-12midnight An Audience with ...
A United legend shares memories and answers questions from an audience of fans.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
Shgoratchx!
Seven men known as the Zeerdonians wreak havoc and threaten the starship.

4.00
The Incredible Hulk
Nine Hours
Banner has to race against time to save the lives of a young boy and a criminal.

5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 RoboCop
RoboCop vs Commander Cash
Children riot all over the city when a man believes he's a real live super hero.

7.00 The Six Million Dollar Man
The Infiltrators
Steve Austin goes underground to infiltrate an assassination team.

8.00 PSI Factor – Chronicles of the Paranormal
The Winding Cloth
The team fights a refugee from the 12th Century.

9.00 Babylon 5
Epiphanies
Bester wants Sheridan to return to the Shadow homeworld, and Garibaldi resigns.

10.00 FILM: Psycho II
Anthony Perkins, Vera Miles, Meg Tilly, Robert Loggia, Dennis Franz
Thriller. Released from prison after 22 years for murdering three people, Norman Bates returns to the Bates Motel. Another spate of murders begins but this time it isn't Norman, or is it? *1982*

12midnight Twin Peaks
1.00am FILM: Halloween III: Season of the Witch
Tom Atkins, Stacy Nelkin
Horror. An evil toy manufacturer intends to restore Halloween to its cult origins. *1982*
3.00-4.00am Dark Shadows

LIVE TNT DUTCH OPEN
SKY SPORTS 1 10.30AM, 1.45PM

It's the opening day of the TNT Dutch Open, staged at the Hilversumsche Golf Club. It's also the first tournament after the British Open, so many of the world's top players will have to draw deep into their reserves in order to challenge last year's champion here, Australia's Stephen Leaney. The 1998 event was Leaney's second win of the European season and marked the inauspicious pro debut of one Justin Rose. Fourth in the Open the week before, he missed the cut here.

ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares heartwarming true stories with a studio audience.
5.05 Energize
Sports programme with Jamie Baulch.
5.30 Board Wild
Coverage of international snowboarding, windsurfing, surfing and skateboarding events, set to a pounding soundtrack.

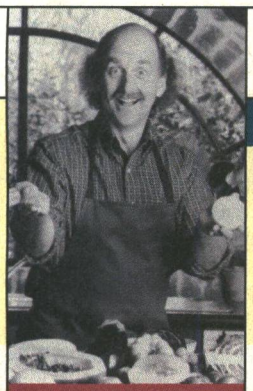
6.00 Bedrock
A special girlie edition, with an hour of fun featuring celebrity guests and music.
7.00 This Morning Fashion
7.10 Heartthrobs
7.15 Wish You Were Here ...?
Travel show with practical advice, information and ideas for all kinds of holidays.
7.45 Heartthrobs
7.50 Maggie Winters
8.20 This Morning Fashion

8.30 Man O Man
An all-female audience put male hopefuls through their paces. With Chris Tarrant.
9.20 This Morning Fashion
9.30 Essex Boys Do the Monty
10.30 Heartthrobs
10.35 Girls' Night
12.35am Emmerdale
1.05 Bedrock
2.05-2.35am Beach Volleyball

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Diva
12.20 Adult Feature
12.45 FILM: The Hustlers
1.00 Five Minute Free View
1.05 FILM continues
2.00 Vice World
2.25 FILM: Climax 2000
3.40-4.00am Lesley

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



Quick meals with Ian Parmenter in 'Consuming Passions'. Granada Breeze 7.50am, 8.50am

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Mis-Match of the Day 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
Mis-Match of the Day
Celebrity football challenge.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.
11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 Slice of Life 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network 12.30pm School Dinners 1.00 Coxon's Kitchen College 1.30 A Taste of England 2.00 An Umbrian Kitchen 2.30 Food Network Daily 3.00 Simply Fish
Tempura
3.45 More Simply Antony
Indian
4.30-5.00pm Newman Meets
Interview with Prue Leith.

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Food Education
With Sarah Greene.
5.30 Get Smart
Spy, Spy, Birdie
6.00 I Spy
Blackout
Sixties drama series about a pair of laid-back US agents. Starring Robert Culp and Bill Cosby.
7.00 Boon
Lie of the Land
Ken is called in by a landowner to guard his pheasants, but he finds a girl in a copse.
8.00 Goodnight Sweetheart
...As You Wave
Me Goodbye
8.30 Slice of Life
Train
9.00 St Elsewhere
Sweet Dreams
Elliot is pursued by giant tacos and Ehrlich is captured by Amazons in a dream centre.
10.00 The Paradise Club
Family Favours
Drama series about two brothers who inherit a drinking den.
11.00 Hill Street Blues
Stan the Man
Officer Hill encounters an old woman who refuses to give up her home.
12midnight-1.00am I Spy
Blackout
Sixties drama series about a pair of laid-back US agents. Starring Robert Culp and Bill Cosby.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court
Judge Wapner presides over two animal-related cases.
1.00 Hollywood Safari
Bigfoot
2.00 Wild Sanctuaries
Kruger
2.30 Wild Sanctuaries
Serengeti
3.00 Lions – Finding Freedom
A look at free-ranging lions that are quickly becoming one of Africa's rarest wildlife groups.
4.00 The Giraffe of Etosha
Experience the lives of giraffes in Etosha, the place of great white spaces.
5.00 Wildlife SOS
There is a second attempt to release a bat.
5.30 Wildlife SOS
Nelson the ferret makes good progress.
6.00 Harry's Practice
A look at the work of veterinary Harry Cooper in his practice in northern Tasmania.
6.30 Harry's Practice
7.00 Animal Doctor
A behind-the-scenes look at the work of dedicated RSPCA vets.
7.30 Animal Doctor
Cases of animal cruelty.
8.00 Judge Wapner's Animal Court
Animal-related cases.
8.30 Judge Wapner's Animal Court
Animal-related cases.
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
9.30 Emergency Vets
More animal stories.
10.00 Emergency Vets
More stories from Alameda East Veterinary Hospital.
10.30 Emergency Vets
11.00-12midnight Killer Instinct
A look at the struggle of wild animals at the top of the food chain who must kill to live.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Great Egg Race 7.30 Blow Up 8.30 Esther 9.00 The X-Creatures 9.30 The X-Creatures 10.00 The X-Creatures 10.30 The X-Creatures 11.00 The X-Creatures 11.30 The X-Creatures 12noon Lion Country 12.30pm Animal Hospital 1.05 Challenging Children 2.00 Mad about the Boy
3.00
Living with El Niño
A look at the irregular climate fluctuation, El Niño, and its effects on global weather conditions.
4.00 Airport
Heathrow is put on full emergency alert.
4.30 Esther
Young Models
With Esther Rantzen.
5.00 Lion Country
Behind the scenes look at the stately home of Longleat.
5.30 Rhino Rescue
The future of white rhinos.
6.00 Accounts of a Forgotten Army
An investigation into claims of maltreatment by Germans held in Allied army prisons.
7.00
Supersonic Dreams
Following the British attempt to break the land speed record and go supersonic in a car.
8.00 Supersense
Seeing Sense
A look at the secret sensory world of animals.
8.30 Animal Hospital
With a mauled salamander.
9.00
Destination Mars
The story of three decades of Mars exploration starting from the failed probes in the Sixties.
10.00 Airport
Princess Diana tries to slip unseen into Heathrow.
10.35 Airport
BA pilots face their biannual licence renewal.
11.05 Top Gear GTi
12.05am-1.00am Louis Theroux's Weird Weekends
Christianity

UK PLAY:
1.00am The Fast Show 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Health Livetime 7.00 Health Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Gorgeous Gardens 10.00 Intimate Portrait 11.00 Julia Carling 11.30 Body Check 12noon The Montel Williams Show 1.00pm Food Livetime 2.00 The View
3.00 Food Livetime
Culinary and dietary advice, tasty tips, dazzling recipes and cookery demonstrations from a panel of top chefs.
4.00 The Montel Williams Show
Sorry I Cheated On My Lover
Award-winning chat show from the US.
5.00 Julia Carling's Style Guide
The latest from the catwalk.
5.30-6.00pm Body Check

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm African Odyssey
Discover the story of Mark and Delia Owens, who were forced to leave their adopted home country.
8.00 Black Holes
Travel to the edge of space and beyond to discover everything about nature's ultimate abyss – black holes.
9.00 A Glorious Way to Die
A group of Siberians, an Australian and an American women embark on white-water rafting.
10.00 Tiger Week: Tigers of the Snow
A look at the Siberian tiger, one of the world's greatest cats, of which only 300 are thought to exist in the wild.
11.00 The Human Race
Adventure documentary set in an ancient landscape in North-Western Australia.
12midnight Stolen Treasures of Cambodia
A visit to the heart of Cambodia and the ancient ruins of Angkor Wat.
12.30am-1.00am The Old Faith and the New
Search for the ancient monastic religions.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Biker Babes, Hot Wheels and High Heels 11.15 Real Couples 12midnight Freeview 12.10am Dungeon Dykes 12.35 Our First Time 1.00 Girls Who Like Girls 2.00 Anything to Declare 2.15 FILM: Russian Roulette
Adult feature.
3.45-4.00am Leather Lovelies

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV
One minute clips.
11.00 brand:new
With Zane Lowe.
12noon Mad 4 Hits
Including the MTV Live Spot.
2.00pm All Time Top 10 Special Effects Videos 3.00 Bytesize MTV 4.00 Select MTV
Presented by Donna Air.
6.00 Bytesize MTV 7.00 brand:new
With Zane Lowe.
8.00 European Top 20
A run-down of the hits that are making waves on the Continent.
9.00 Daily Edition
Showbiz update with Emma and Edith.
9.30 Say What??
Karaoke show.
10.00 The Late Lick
With Trevor Nelson.
11.00 Mad 4 Hits
The best of the rest.
12midnight Nirvana Unplugged 1.00am The Late Lick 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am 80 from the 80s
The best songs and videos from the Eighties.
12noon Ten of the Best: 80s One Hit Wonders 1.00pm Beatclub 80s 5.00 VH1 Live 6.00 80 from the 80s 11.00 VH1 Spice
Nell McAndrew with an hour of raunchy and romantic music to put you in the mood for love as she picks her favourite videos to turn the lights down low with.
2.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Rough Guide to the World's Islands 11.00 Home Front 11.30 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Antonio Carluccio's Italian Feast 2.00 Style Street 2.30 The Lost Gardens of Heligan 3.00 Gardeners' World 3.30 Voyage 4.00 Voyage 4.30 A la Mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Ainsley's Meals in Minutes 9.30 Good Living 10.00 Home Front 10.30 Moving People 11.00 Ground Force 11.30 Gardening Neighbours 12midnight Geoff Hamilton – A Man and His Garden 12.30am-1.00am Stefan's Garden Roadshow

Thursday 22 July

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout with Greg and Max 8.30 Our House 8.55 Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.25 Home and Leisure House 11.30 A River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Rex Hunt attempts to go nymph fishing.
4.30 Walker's World
Papua New Guinea
5.00 Classic Bikes
Avanti
Classic Italian motorbikes.
5.30 Treasure Hunters
Mussolini's Gold
6.00 Zoo Story
The continuing stories from London Zoo.
6.30 The World of Sharks and Barracudas
What really happened when divers confronted these formidable creatures in the Bahamas.
7.30 Great Escapes
The Fatal Voyage
8.00 NEW Medical Detectives
The Talking Skull
8.30 Medical Detectives
Foreign Bodies
9.00 Forensic Detectives
Soldier Soldier
Investigating the deaths of young men who went to war and never came back.
10.00 The FBI Files
Human Prey
How a five-year investigation led the FBI to find a murder weapon – a unique high-powered rifle.
11.00 Super Racers
A look into the world of motor sport, highlighting the technology and personalities behind the many different vehicles.
12midnight Invisible Places
World of War
A look at the underground places to which people have fled throughout history.
1.00am Classic Bikes
Avanti
1.30-2.00am Treasure Hunters
Mussolini's Gold

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino Junior High 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Sylvester and Tweety 12.30pm Animaniacs 1.00 Sylvester and Tweety 1.30 2 Stupid Dogs 2.00 Sylvester and Tweety 2.30 Powerpuff Girls
3.00 Sylvester and Tweety
The battles of a yellow bird and a black and white cat.
3.30 The Sylvester and Tweety Mysteries
4.00 Sylvester and Tweety
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Sylvester and Tweety
The battles of a yellow bird and a black and white cat.
5.30 Cow and Chicken
6.00 Sylvester and Tweety
6.30 The Flintstones
Prehistoric men behaving badly – but they have big hearts in their loincloths.
7.00 Tom and Jerry
More mayhem in the feline/rodent war.
7.30 Looney Tunes
Classic cartoons from the Warner Bros studios.
8.00 Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by children's programming, plus *Style File* (Monday-Thursday) and *Travel File* (Friday) at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blues Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Animated antics.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
More fun with the tousle-headed nippers with the overactive imaginations.
4.30 Hey Arnold!
5.00 Sister Sister
Twin trouble.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Operation: Deja View
Fun with Tia and Tamera.
7.30 Jenny
8.00 Desmond's
Barber-shop sitcom.
8.30 Mad About You
Weekend Getaway
A trip to the countryside cures Jamie's blues.
9.00 Ellen
Shake, Rattle and Rubble
An earthquake, and Ellen's cousin, cause tremors.
9.30 Spin City
Bye Bye Love
10.00 Frasier
A Cranes Critique
Martin becomes friendly with a reclusive author.
10.30 Cheers
One Last Fling
11.00 Dressing for Breakfast
Louise is a single, bright girl looking for Mr Right.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30pm Cosby
1.00am The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Goosebumps or Oggy and the Cockroaches 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
Daily magazine show presented by Roy and Lisa.
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the enemy: adults.
5.30 Ace Ventura
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 The Gold Collection
Featuring jewellery set with peridot, August's birthstone.
8.30 Travel Bag
Another hour of summer essentials to make your holiday perfect.
9.30 The Gift Store
Present problems solved.
10.00 The Early Years
Nursery essentials to keep baby happy and safe.
11.00 In the Kitchen with...
12noon Household Solutions
Laundry special, with all you need to get rid of those washday blues.
1.00pm Bargain Shop!
1.30 Shop! Selection
2.30 Shop! Feature
Special focus on how to have more fun with food!
3.00 Dress for Less
Stylish footwear that's comfortable and affordable.
4.00 Diamanté Designs
More sparkle without expense from Shop!'s diamond-look jewellery.
5.00 Shop! Selection
Round-up of the best-sellers.
6.00 In the Kitchen with...
7.00-8.00pm The Early Years

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Travel 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Fashion TV 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Fashion TV 4.00 News on the Hour 4.30 Global Village 5.00 News on the Hour 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal 5.30 Télématin 7.00 Journal 7.30 Bon entendeur 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Quatre et Demie 10.15 Les Splendeurs Naturelles d'Europe 11.00 Infos 11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Jasmine 2.15 Les Splendeurs Naturelles d'Europe 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Jasmine 6.15 Les Splendeurs Naturelles d'Europe 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Des Héros Ordinaires Contrôle d'Identité 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Katha Sagar 8.30 Akhir Kyon 9.00 FILM 11.30 News 12noon Balcony 12.30pm Daawat 1.00 Badalte Rishte 1.30 FILM 4.00 Muthi Bhar Sitare 4.30 Futa Fut 5.00 Agar 6.00 Dekh Bhai Dekh 6.30 Mumkin 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am BPL Oye 1.00 FILM 4.00 Daawat 4.30 Balcony 5.00 Chand Grehan 6.00 Holy Quran 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Karobari Duniya 8.30 Tara 9.00 Zanjeeren 9.30 Zee Health Show 10.00 Deewanagi 11.00 Pot Luck 11.30 Parampara 12noon FILM 3.00pm Baat Ban Jaye 3.30 Public Demand 4.00 Filmi Chakkar 4.30 Antakshari 5.30 Hasratein 6.00 Banegi Apni Baat 7.00 Chota Muh Aur Badi Baat 7.30 Mama Miya 8.00 News Bulletin 8.30 Chahat Aur Nafrat 9.00 Raahein 9.30 Cross Fire 10.00 Pakistan News Link 10.30 X-Zone 11.30 Teacher 12midnight News Bulletin 12.30am Shot Gun Show 1.00 Mast Must Show 1.30 Parivartan 2.00 FILM 5.00 V3 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Light and Life 5.30 Abundant Life Today 6.00 Word of Life 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Potters House 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Fund Managers' Corner 4.24am Sports

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Lost Spirits of Cambodia
12.55pm Photos for the Future
1.00 Edward Windsor Presents...
Cinque Ports
1.30 The Warrior Queen
2.00 Biography
3.00 World War I
3.30 Men in Crisis
Windsor vs The Crown
4.00 Clash of Wings
Hitler's Biggest Gamble
5.00 Weapons at War
Assaulting the Fortress
6.00 Rites of Death
6.55 Photos for the Future
7.00 Edward Windsor Presents...
The New Forest
7.30 Fairies and Leprechauns
8.00 Biography
Natalie Wood
9.00 World War I
9.30-10.00pm Men in Crisis
Lindberg vs The Atlantic

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Supernails at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

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Friday 23 July

SKY PREMIER
PREMIUM CHANNEL

6.30am First Do No Harm
Meryl Streep, Fred Ward
Text *1997, rating Sky PG, 90 mins*
8.05 Jingle All the Way
Arnold Schwarzenegger Text
1996, rating Sky PG, DS, 86 mins
10.00 George of the Jungle
Brendan Fraser, Leslie Mann
Text *1997, rating Sky U, 88 mins*
12noon Going Under
Bill Pullman, Ned Beatty
1990, rating Sky PG, 77 mins
2.00pm First Do No Harm
Meryl Streep, Fred Ward
Touching drama in which a mother is determined to find a cure for the debilitating disease afflicting her son Robbie. Text *1997, rating Sky PG, 90 mins*
4.00 Frog and Wombat
Ronny Cox, Lindsay Wagner, Ross Malinger, Katie Stuart
Comedy adventure in which a couple of friends' blissful playtime comes to an abrupt end when their headmaster moves in next door. Frog believes that their new neighbour has committed a murder and aims to investigate.
1998, rating Sky PG, 90 mins
6.00 Jingle All the Way
Arnold Schwarzenegger, Sinbad, Phil Hartman, Rita Wilson
Businessman Howard Langston hasn't always had a lot of time for his son Jamie, but he decides that Christmas is the perfect time to makes amends. All Jamie wants is a Turbo Man and Howard knows that he simply has to get one. Text *1996, rating Sky PG, DS, 86 mins*
8.00 George of the Jungle
Brendan Fraser, Leslie Mann, Thomas Haden Church
George is a clumsy well-meaning jungle dweller, who meets and falls in love with the beautiful explorer Ursula after rescuing her from a rampaging lion. Unfortunately, George is too dense to see that Ursula has the hots for him. Text *1997, rating Sky U, 88 mins*
10.00 Alien Resurrection
Sigourney Weaver, Winona Ryder, Dominique Pinon,
Cloned by a geneticist in order to retrieve the alien baby inside her, Ripley re-awakens to find mutant DNA in her blood. When she discovers the alien is actually inside her, Ripley finds she must face up to the demons. Text *1997, rating Sky 18, 104 mins*
11.50 Chain Reaction
Keanu Reeves, Morgan Freeman
Action adventure. Text *1996, rating Sky 12, 102 mins*
1.40am 'til There Was You
Jeanne Tripplehorn Text *1996, rating Sky 12, 109 mins*
3.35-6.30am Fear
Mark Wahlberg Text
1996, rating Sky 18, 93 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am A Long Way Home
1981, rating Sky PG, 91 mins
9.00 Race the Sun
Halle Berry, James Belushi Text
1996, rating Sky PG, 96 mins
11.00 Roseanne: An Unauthorized Biography
Denny Dillon, David Graf Text
1994, rating Sky PG, 86 mins
1.00pm Loyal Opposition: Terror in the White House
1997, rating Sky PG, 92 mins
3.00 A Long Way Home
Rosanna Arquette, Timothy Hutton, Brenda Vaccaro
Drama in which a young man searches for his brother and sister, years after they were separated and sent to different foster homes.
1981, rating Sky PG, 91 mins
5.00 Race the Sun
Halle Berry, James Belushi, Bill Hunter, Kevin Tighe
Fact-based drama about a group of drop-out Hawaiian students who find hope and inspiration in their fresh-faced new teacher. Sandra Beecher is the new science teacher at Kona Pali High who takes the class somewhat by storm. Text *1996, rating Sky PG, 96 mins*
7.00 p:review
Take a sneak peek at what's coming up on Sky.
7.30 UK Top Ten
Find out which movies are making it big at the box office.
8.00 Action Heroes: Denzel Washington
Profile of the action superstar.
8.30 Movie Magic: Mechanical Movie Stars
More technical know-how.
9.00 Blackout Effect
Eric Stoltz, Charles Martin Smith, Leslie Hope, Lorraine Toussaint
PREMIERE Drama in which a National Transportation Safety Board inspector investigates a mid-air collision. *1998, rating Sky PG, 85 mins*
10.30 Maximum Risk
Jean-Claude Van Damme, Natasha Henstridge
High-kicking action adventure. Alain Moreau is a retired French soldier who must travel to New York to solve the murder of the twin brother he never knew existed. Text *1996, rating Sky 18, DS, 96 mins*
12.15am Jackie Chan's First Strike Text
1996, rating Sky 12, 80 mins
1.40 Out for Justice
1991, rating Sky 18, 87 mins
3.15 Loverboy
1989, rating Sky 15, 92 mins
4.55-7.00am Loyal Opposition: Terror in the White House
1997, rating Sky PG, 92 mins

Marianne Jean-Baptiste and Brenda Blethyn star in Mike Leigh's 'Secrets & Lies'. FilmFour 10.00pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm Niagara
Joseph Cotten, Marilyn Monroe, Jean Peters, Richard Allan
Hitchcock-style tale of murder and deceit. Marilyn Monroe plays a newly-married woman plotting to kill her husband as they honeymoon together at Niagara Falls. *1953, rating Sky PG, 85 mins*
6.00 Tight Spot
Ginger Rogers, Edward G Robinson, Brian Keith, Lorne Greene
Drama in which the girlfriend of a mobster reluctantly agrees to betray her man to the police.
1955, rating Sky PG, 92 mins
8.00 The Desert Rats
Richard Burton, James Mason, Robert Newton, Robert Douglas
Wartime drama. An English captain leads an Australian squadron on some daring raids against Rommel and his men during the siege of Tobruk. Text *1953, rating Sky U, 84 mins*
10.00 Internal Affairs
Richard Gere, Andy Garcia, Nancy Travis, Laurie Metcalf
Police thriller about a young Internal Affairs officer who attempts to trap a corrupt yet seemingly untouchable older cop.
1990, rating Sky 18, 110 mins
11.55 Niagara
Joseph Cotten, Marilyn Monroe
Hitchcockian tale of murder.
1953, rating Sky PG, 85 mins
1.25am The Sentinel
Chris Sarandon, Cristina Raines
1977, rating Sky 18, 88 mins
3.00 Paranoiac
Janette Scott, Oliver Reed
1963, rating Sky 15, 77 mins
4.25-5.35am The Little Shop of Horrors
1961, rating Sky PG, 69 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm WCW Nitro on TNT
The latest WCW wrestling action from the US.
11.35 WCW Thunder
WCW wrestling action from the USA.
1.15am Border Shootout
Glenn Ford, Cody Glenn, Charlene Tilton, Jeff Kaake
Western about an Arizona rancher who finds himself wearing a lawman's badge. *1990, 100mins*
3.00-5.00am Ringo and His Golden Pistol
Mark Damon, Valeria Fabrizi
Western. *1966, 88mins*

WANT TO KNOW WHICH WINONA RYDER FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Films
Two hours of the very best that's short and sweet in the film world.
8.00 Sibling Rivalry
Kirstie Alley, Scott Bakula, Jami Gertz, Ed O'Neill, Bill Pullman, Sam Elliott
Comedy in which a frustrated thirty-something wife has a one-day affair with an unknown man who suddenly dies on her.
1990, 88mins
9.35 The Short and Curlies
Short film.
10.00 Secrets & Lies
Marianne Jean-Baptiste, Brenda Blethyn, Timothy Spall
Mike Leigh's Palme D'Or winner. Hortense is a young black optometrist. Both her adoptive parents have died and she decides to find her birth mother. Who turns out to be Cynthia, an unmarried woman who lives with her daughter Roxanne.
1996, 136 mins
12.25am See the Sea
Sasha Hails, Paul Raoux
Drama. *1998, 52 mins*
1.20 Gothic
Horror drama. *1986, 83mins*
3.05 The Commitments
Robert Arkins, Michael Aherne
Comedy drama. *1991, 112mins*
5.00-6.00am Amazing Grace

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen.
1998, Sky PG, 83 mins
PLAYS AT 6.30am, 8.00am, 9.30am and 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorised once more. Stars Neve Campbell.
1998, Sky 18, 115 mins
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt.
1997, Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta.
1997, Sky 12, 110 mins
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Friday 23 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Flash Gordon
8.00 Pokémon
8.30 Hollywood Squares
9.00 Sally Jessy Raphael
10.00 The Oprah Winfrey Show
11.00 Guilty!
12noon Jenny Jones
1.00pm Mad About You Text
1.30 Jeopardy
2.00 Sally Jessy Raphael
Help, My Husband's a Slob

3.00 Jenny Jones
Help My Mate's Drive Keep Our Marriage Alive
Guests ask for help in sustaining their marriage.

4.00 Guilty!
Guilty! tackles the crimes and misdemeanours committed by friends, lovers, families and colleagues.

5.00 Star Trek: Deep Space Nine
Apocalypse Rising
Sisko, Odo, O'Brien and Worf enter Klingon territory on a suicide mission. Text
6.00 Dream Team
6.30 Friends
The One with the Sonogram
Ross is stunned to learn his ex-wife is pregnant with their child. Text
7.00 The Simpsons
Dumbbell Indemnity
Featuring the guest voice of Helen Hunt as Renee. Text
7.30 The Simpsons
Lisa Gets an A Text
8.00 Buffy the Vampire Slayer
Passion
Angel steps up his torment of Buffy as Jenny searches for a way to restore his soul. Text
9.00 Nature's Rage: In Harm's Way
NEW From the comfort of your own home, watch as nature whips up hurricanes, tornadoes, wildfires and earthquakes.
10.00 Cops
Officers investigate a violent domestic situation.
10.30 Cops
Officers question a man accused of a stabbing in Las Vegas.
11.00 Friends
The One with the Sonogram
Ross's ex-wife is pregnant. Text
11.30 Star Trek: Deep Space Nine
Apocalypse Rising Text
12.30am The Chris Evans Breakfast Show
Join Chris Evans and the team, including Holly 'Hotlips' Samos and 'Wheels of Steel' maestro Johnny Boy Revell.
1.30 Law and Order
The death of a 12-year-old boy provokes racial tension.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
Darkness Before Dawn

3.25 The Bill
Garfield thinks he knows who is behind the murder of a penniless old man.
3.55 EastEnders
Ian entertains an important business client, while Pat sets Frank a daunting task.
4.30 Neighbours
Cathy makes a decision which has startling consequences.
5.00 Dynasty
The Cry
Blake is tricked into borrowing money from Alexis, while Jackie returns home to some shocking news about her real father.
6.00 Bugs
Down Among the Dead Men
The Bugs team of Ed, Ros and Beckett dive down in a submarine to investigate an underwater robbery.
7.00
Last of the Summer Wine
Who Made a Bit of a Splash in Wales Then?
7.40 Dad's Army
Sons of the Sea
Wartime sitcom.
8.20 The Brittas Empire
The Stuff of Dreams
Helen's twins are due, and with Laura's help she wants Gordon Brittas kept well away.
9.00 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show with Mark Lamarr and Ulrika Jonsson.
9.40 Red Dwarf
Waiting for God
Lister learns Cat writing and discovers some startling facts.
10.20 Crime Traveller
The Revenge of the Chronology Protection Hypothesis
The adventures of a time-travelling detective.
11.25 The Bill
Darkness Before Dawn
11.55 The Bill
Garfield investigates the murder of a penniless old man.
12.25am Dr Who Omnibus
A vintage adventure with the errant Time Lord in which the Tardis lands on earth with everything seemingly completely normal. But when the travellers step outside, they realise they are only one inch tall.
1.45-2.30am Dad's Army
Classic comedy.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies
9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich
12.45pm Entertainment Now
1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Magazine programme.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.
4.30 Home and Away
Life and love with the sun-tanned inhabitants of Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.
6.00
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
8.30 FILM: Wife, Mother, Murderer
Judith Light, David Ogden Stiers, Kellie Overbey, David Dukes
A homely wife and mother attempts to poison her husband and daughter, but she is caught before she succeeds. When she escapes, she begins again with a new identity. Based on a true story. *1991*
10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show, which also offers advice on improving your sex life.
11.30-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes
9.00 Classic Coronation Street
9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
Cagney and Lacey are assigned to the case of a dead bag lady – but Chris soon refuses to drop the investigation and is determined to discover her real identity.
4.00 Minder
Comedy drama series. Terry is drafted in by Arthur to mind Willie Reynolds, a champion boxer who is making a comeback after two years away from the ring.
5.00 Charlie's Angels
Counterfeit Angels
Unjustly accused of a heist pulled by bogus Angels, the genuine articles are forced underground to escape arrest.
6.00 Emmerdale
Carol tries out her healing powers on Kim.
6.30
Classic Coronation Street
Hilda and Stan get bad news.
7.00 Rising Damp
Food Glorious Food
Comedy series.
7.30 The Two of Us
Lifestyles
8.00 Minder
Terry is drafted in by Arthur to mind Willie Reynolds, a champion boxer who is making a comeback after two years away from the ring.
9.00 Cagney and Lacey
Cagney and Lacey are assigned the case of a dead bag lady.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Talking Dirty
Fly-on-the-wall series.
11.20
Sunny Hotspots and Girls
With Nikki Burns.
11.50 Lady Lust's Lovelies
12midnight
Lady Lust's Football Feva
Follow Teresa May and her team of lovely girls as they take us through the world of football.
1.00am Real Sex
The novel ways in which men and women explore their sexuality.
1.30-2.00am
A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: The Gnome Mobile

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Award-winning art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers. Text
4.25 Disney Channel Kids' Awards: Update
4.30 Hercules: The TV Show Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
Jett treats JB and Kayla to a tour of the set. Text
6.00 Smart Guy
Comedy about a smart kid who's put up into tenth grade. Text
6.30 Boy Meets World
If You Can't Be with the One You Love Text
7.00
FILM: Winnie the Pooh's Most Grand Adventure
Winnie the Pooh and his friends set off on a grand adventure to rescue Christopher Robin, who has disappeared. Text *1997*
8.20 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
9.05 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.30 Bone Chillers
A fright fest with a broad streak of humour. Text
10.00 Home Improvement
10.30 Flipper
11.15 Eyewitness
11.50-12midnight
Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

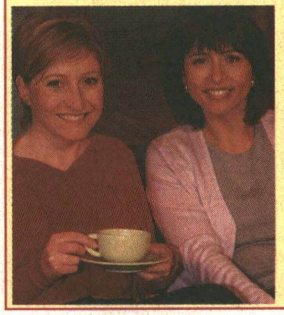
FILM

The Little Shop of Horrors
Sky Cinema 4.25am
It's only right that this cult movie from low-budget exploitation ace Roger Corman should play the Sky Cinema graveyard shift. An exuberant horror comedy, it has an evocative other side of midnight feel to it. A young Jack Nicholson steals the film.

GENERAL

Food from the Village
Carlton Food Network 1.30pm
If you're hankering after a bit of Mediterranean sun, this new series might satisfy your desire. Thane Prince travels the length and breadth of Cyprus to explore the island's culinary traditions, discovering along the way a huge range of mouthwatering treats.

ADVERTISEMENT



THE LIVING ROOM 2.50PM
Why not settle down with Clare Carson and Patricia Mitchell in *The Living Room* this afternoon? Celebrity guests will be popping in for a coffee and a chat. Expert advice will be available on a range of subjects from fashion to fitness and cookery to interior design.

Friday 23 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Swimming – LIVE
10.00 Cliff Diving
10.30 Swimming – LIVE
Coverage of the European Championships in Istanbul.
12.15pm Cycling
Highlights of yesterday's stage of the Tour de France.
1.00 Swimming – LIVE
Coverage of the European Championships in Istanbul.
2.30 Cycling – LIVE
Coverage of the 18th stage of the Tour de France from Jonzac to Futuroscope.

4.00 PM
4.30 Cycling
Highlights from today's stage of the Tour de France from Jonzac to Futuroscope.
5.15 Football – LIVE
Action from a group match in the European Under-18 Championship in Sweden.

7.00 PM
7.00
Four Wheels Drive
Formula 4x4 off road action in Reykjavik.
7.30 Truck Sports
Truck racing action.

8.00 PM
8.00 Cycling
Highlights of today's stage of the Tour de France.

10.00 PM
10.00 Swimming
Highlights of today's action from the European Championships in Istanbul, including diving and synchronised swimming.

11.00 PM
11.00 Tennis
Coverage of the ATP Tournament in Stuttgart.

12.00 NIGHT TIME
12midnight-12.30am
Boxing
Action from a top-class international contest.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF – Superstars
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Trans World Sport
10.30 Euro Tour Golf: TNT Dutch Open – LIVE
12.15pm
Euro Tour Golf: Seniors British Open – LIVE
1.45 Euro Tour Golf: TNT Dutch Open – LIVE
The live golfing action continues apace on day two of the 1999 TNT Dutch Open at the Hilversumsche Golf Club in Amsterdam.

4.15 Euro Tour Golf: Seniors British Open – LIVE
The second session of the Seniors British Open swings into action with live coverage from the Royal Portrush Golf Club in Northern Ireland.

6.00
Sky Sports Centre
All the major headlines from the world of sport.
6.30 Gillette World Sport Special

7.00
Super League – LIVE
Eddie Hemmings and Mike Stephenson present live action from a crucial clash between two teams battling it out in the JJB Super League.

9.30
Sky Sports Centre
Catch up with the latest news and views from the world of sport.

10.00 WWF – Raw
Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. With classic matches and celebrity guests such as Iron Mike Tyson.

12midnight
Sky Sports Centre
12.30am Euro Tour Golf: TNT Dutch Open and Seniors British Open
2.30 Super League
3.30 WWF – Raw
5.30-6.00am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Rebel Sports
8.45 Sky Sports Centre
9.00 Tight Lines
10.00 Futbol Mundial
10.30 Formula Three
11.00 Extreme Sailing
11.30 Speedway: Elite Speedway League
2.00pm Pool: World Pool Championship – LIVE
Live coverage of the World Pool Championship at the Cardiff International Arena. As day seven commences, some of the world's finest professionals from all parts of the globe are battling it out on the green baize with an eye on the prize money.

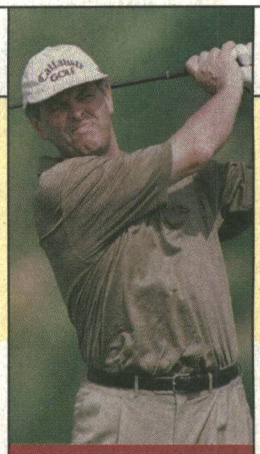
5.30 Gillette World Sport Special
David Jensen presents a comprehensive report on alternative sports.
6.00 Moto-Plus
Motoring mayhem for those who like to live life in the fast lane.
6.30 Extreme Sailing
Top sailing action.
7.00 Pool: World Pool Championship – LIVE
The live coverage of the World Pool Championship continues at the Cardiff International Arena with action from the second session on day seven.

10.30 Ford Golf USA: John Deere Classic
Action from the second day's play in the $2 million John Deere Classic. America's top golfers meet at the Oakwood Country Club in Illinois in an event which was won last year by Steve Jones.

12.30am Super League
Action from the latest game in the Super League.
1.30 Sky Sports Centre
2.00 Extreme Sailing
2.30 Ford Golf USA: John Deere Classic
4.30 Watersports World
5.30-6.00am Moto-Plus

SKY SPORTS 3
PREMIUM CHANNEL

12noon Trans World Sport
The most eclectic mix of sport anywhere on television, covering everything from powerlifting and golf to football and ice hockey.
1.00pm Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity.
2.00
Bobby Charlton's Football Scrapbook: Roger Hunt
World Cup winner Roger Hunt re-lives some classic football memories.
3.30
Karate: ISKA Karate
Martial arts action from a top class tournament.
4.30
Trans World Sport
Reports on all the latest, ground-breaking sports stories from across the world with some humour thrown in.
5.30 Gaelic Games
Action from the Gaelic Games, including Gaelic football – the robustly contested national passion of the Irish – and hurling, the fastest field game in the world.
6.00 Inside the Senior PGA Tour
6.30 The Winning Post: Chepstow/ Newmarket – LIVE
Jeff Stelling presents all the action from two more exciting summer horse race meetings – this time from Chepstow and Newmarket.
8.30 Gillette World Sport Special
Alternative sports.
9.00 Cricket: England v New Zealand – 2nd Test
Day two highlights from the crucial second Test between England and New Zealand at Lord's. The English team will be hoping to put the disappointment of the World Cup behind them with a good series.
11.00 Moto-Plus
Motoring mayhem.
11.30-12midnight Extreme Sailing
Breathtaking sailing action from around the world.



Bernard Gallacher hopes to roll back the years in the Seniors British Open. Sky Sports 1 12.15pm, 4.15pm – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30
Reds on the Green
7.00 The Friday Supplement
A look ahead to the future through the eyes of the experts as pundits and journalists discuss United.
8.00 Red Hot News
The latest developments from Old Trafford.
8.15
Super Match Shorts
8.30 Super Match
Action from a classic United match.
9.30 Red Hot Update
9.35 Super Match Continued
Action from tonight's featured game continues.
10.30 Red Hot News
All the latest developments from Old Trafford.
10.45
Super Match Shorts
11.00 Red Legends
Household names from the past track down their former team-mates.
11.30-12midnight Fan File

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 Incredible Hulk 9.00 Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 Ray Bradbury Theatre 12noon Twilight Zone 12.30pm Twilight Zone 1.00 Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Galactica Discovers Earth
After a 30-year search the *Battlestar Galactica* finds Earth.
4.00
The Incredible Hulk
On the Line
Banner is recruited to help fight a forest fire, but is suspected of starting it.
5.00 Sightings
Extraordinary real-life stories of the paranormal involving luck, superstition, UFOs or near-death experiences.
6.00 The Ray Bradbury Theatre
And So Died Riabouchinska
6.30
New Alfred Hitchcock
7.00 The Six Million Dollar Man
Carnival of Spies
Professor Rau fakes a heart attack and slips away from a conference.
8.00
A Century of Sci-Fi
Alien Life Forms
8.30 The Crow: Stairway to Heaven
Give Me Death
Top Dollar escapes, determined to die at the hands of The Crow.
9.30 Perversions of Science
Anatomy Lesson
10.00
FILM: Pumpkinhead
Lance Henriksen, John Diaquino, Jeff East
When a young boy has been accidentally killed by a group of motorcycling tourists his father raises a demon from the earth to avenge his death. *1988*
11.40
Sci-Focus Special
12midnight FILM: Golgo 13 – The Professional
Animation. A hitman is hired to kill the son of an extremely powerful man. *1979*
1.45am Sci-Focus Special
2.00 Cybernet
2.30 100 Years of Horror
3.00-4.00am Dark Shadows

LIVE
SENIORS BRITISH OPEN
SKY SPORTS 1 12.15PM, 4.15PM

With every passing year, a number of personable golf pros pass the age 50 mark and step into the lucrative Seniors Tour. Today is the pinnacle of the European version of this regular trip down golf's memory lane with the second day of the Seniors British Open. The venue is Royal Portrush in Northern Ireland where former Ryder Cup player and captain Bernard Gallacher will be in the field for the first time against the likes of current top British senior Tommy Horton.

ITV2
ACCESS PACK

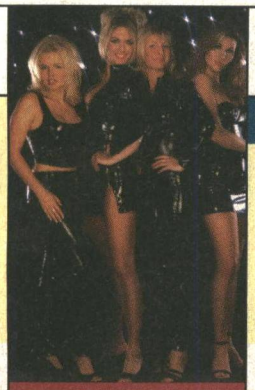
4.00pm Trisha
5.05 Gladiators
Muscle-bashing challenges between super-fit members of the public and the legendary Gladiators.
6.00 Pump it Up
6.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
7.30 Sport Zone: NBA Jam
Basketball magazine.
8.00 Peak Performance
8.30 Futbol Mundial
All the latest news and action from the world of football.
9.00 New Jerry Springer
Outrageous American talk show with Jerry Springer.
9.45 Words With
Celebrities relate anecdotes based on the words or phrases written on cards and bits of paper, and bring in their three favourite things.
10.00 Bad Girls
11.00 Coronation Street
11.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, e-mail activity and a daily Battle of the Sexes.
12.30am Futbol Mundial
All the latest news and action from the world of football.
1.00-1.30am
Who, What, Why?
Nick Owen presents a current affairs programme on the week's big party.

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Adult Feature 12.20 Teresa Scott Unleashed 12.45 FILM: Adult Feature 1.00 The Five Minute Free View 1.05 FILM continues 2.00 The Five Minute Free View 2.05 Fantasy Night Calls 2.30 FILM: Adult Feature 3.40-4.00am Vera

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Friday 23 July



The 'Boys' Toys' girls demonstrate the latest gadgets. L!VE TV 12.30pm, 3.00pm, 6.00pm, 2.30am

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation L!VE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The harsh New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Agony
More helpful advice for troubled souls.
7.00 Judge Judy
The harsh New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30
Strip Masterbrain
11.45 Private Dancer
12midnight Compromising Situations 12.30am Janeycam 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 Passion for Flavour 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12midnight Food Network 12.30pm Alex Factor 1.00 Coxon's Kitchen College 1.30 Food from the Village 2.00 Aldo and Friends 2.30 Food Network Daily 3.00 School Dinners
With Valentina Harris.
3.30 Vin Ordinaire 4.00 A Year at Ballymaloe 4.30-5.00pm Tessa's Tastebuds

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Yoghurts, Shakes, Juices and Frozen Desserts
5.30 Get Smart
Run, Robot, Run
6.00 I Spy
The Sixties drama series about a pair of laid-back US espionage agents. Starring Bill Cosby and Robert Culp.
7.00 Boon
Cab Rank Cowboys
Ken discovers that it is hard to find a cab when you need one, particularly when a thief wants one too.
8.00 Blue Heelers
Gold
An ownership dispute over a gold mine turns a routine investigation into a more serious affair for Maggie.
9.00
Auf Wiedersehen, Pet
The Lovers
Oz falls in love with a German girl, but their romance is dangerous.
10.00 Jenny Eclair's Private Function
Comedy in this topical, comical chat show.
10.30 The Screen
Movie news and reviews.
11.00
Hill Street Blues
Little Boil Blue
Chief Daniels favours a cover-up as a scandal threatens his department.
12midnight I Spy
The Sixties drama series about a pair of laid-back US espionage agents.
1.00am-2.00am
The Rector's Wife
Drama series based on a Joanna Trollope novel.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Animal-related case.
12.30pm Judge Wapner's Animal Court
Judge Wapner presides over an animal-related case.
1.00 Hollywood Safari
Fool's Gold
2.00 Wild, Wild Reptiles
Visit a place where terrible dragons still walk the Earth.
3.00 Reptiles of the Living Desert
A documentary examining the relationship of man and beast in the fragile ecosystem in Morocco.
4.00 Australia Wild
Lizards of Oz
4.30 Going Wild with Jeff Corwin
Borneo
A search for the orang-utan.
5.00
Profiles of Nature
Alligators of the Everglades
A look at this awesome and fearful predator.
6.00 Hunters
Dawn of the Dragons
A look at why crocodiles and alligators reign today as monarchs among the reptiles.
7.00 Going Wild
Mysteries of the Seasnake
7.30 Wild at Heart
Spiny Tailed Lizards
A closer look at these bizarre looking reptiles.
8.00 Judge Wapner's Animal Court
An oral and written contract is breached.
8.30 Judge Wapner's Animal Court
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
9.30 Emergency Vets
More animal stories.
10.00
Emergency Vets
More stories from Alameda East Veterinary Hospital.
10.30
Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver.
11.00-12midnight
Swift and Silent
Wildlife documentary.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am How to Be Happy 7.30 Ice-Cool in Japan 8.30 Esther 9.00 Alien Empire 9.30 Alien Empire 10.00 Alien Empire 10.30 Alien Empire 11.00 Alien Empire 11.30 Alien Empire 12noon Lion Country 12.30pm Animal Hospital 1.00 Challenging Children 2.00 The Bubble

3.00 Avalanche
An investigation into the causes of one of nature's most dangerous forces, and what scientists are doing about them.
4.00 Airport
Princess Diana tries to slip unseen past Heathrow's resident press corps.
4.30 Esther
The Art of Flirting
5.00 Lion Country
A behind-the-scenes look at the stately home of Longleat.
5.30
Enter the Dragons
6.00 Kwai
A trip back to the years between 1942 and 1945, when Allied prisoners were forced to construct the Thailand-Burma railway.
7.00 Making of the Human Body
Scientific documentary looking at the human body.
8.00 Supersense
Super Scents
A revealing exploration of how different animals use their sense of smell.
8.30 Animal Hospital
9.00 Farewell Fantastic Venus
A look at Venus, which before the Space Age was believed to be the beautiful and idyllic twin of Earth.
10.00 Airport
Documentary series which goes behind the scenes at Heathrow Airport.
10.35 Airport
11.05
Jeremy Clarkson's Extreme Machines
11.35 The Clampers
12.05am-1.00am
Louis Theroux's Weird Weekends

UK PLAY:
1.00am Bob Downe All over Britain 2.00 Funny Noise 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 The UK Top 20 5.30 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Food Livetime 7.00 Food Livetime 7.50 Consuming Passions 8.00 View 8.50 Consuming Passions 9.00 Perfect Parenting 9.30 Family Recipes 10.00 Surprise Gardeners 10.30 Young Chefs 11.00 Indoor Garden 11.30 House Style 12noon Montel Williams 1.00pm Psychic Livetime 2.00 View

3.00
Astrology Livetime
Live phone-in offering viewers the chance to find out what the stars hold for them.
4.00 The Montel Williams Show
In Love with Someone Older
Award-winning chat show from the US.
5.00
Roddy Llewellyn's Indoor Garden
5.30-6.00pm
House Style

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Thunder Dragons
Travel to Sentinel Island to take a look at the second largest lizard on Earth – the monitor lizard.
8.00 Brother Wolf
Wildlife series. This programme calls for a reconciliation between man and wolf.
9.00 Tempest from the Deep
Discover how the devastating currents caused by El Niño have caused a rebirth of life.
10.00 Tiger Week: The Siberian Tiger – Predator or Prey?
Explore the realm of the world's largest cat – a solitary striped assassin.
11.00 Reflections on Elephants
With award-winning and world-renowned wildlife film-makers Beverly and Dereck Joubert.
12midnight
Can't Drown This Town
Discover how floods in the midwest wreaked havoc for many river towns during the summer of 1993.
12.30am-1.00am
To Serve and Destroy
A look at the English butler.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with a collection of mental and physical challenges which take the team through four zones. Presented by Richard O'Brien.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the celebrities hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am
Shopping with Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05
FILM: Dangerous Invitation
Adult feature.
11.30 Sex Court
12midnight Freeview
12.10am Suburban Sex Secrets
12.25 New Public Places
12.55 Dr Anna St John
1.20 FILM: Facade
2.35 The .... Mobile
3.05-4.00am Suburban Orgy

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
Music show.
12noon Mad 4 Hits
Including the MTV Live Spot.
2.00pm Dance Floor Chart
MTV counts down the tracks that are filling the UK dancefloors.
3.00 Bytesize MTV
4.00 Select MTV
6.00 News
6.30 UK Singled Out
7.00 brand:new
8.00 Dance Floor Chart
9.00 MTV Megamix
MTV unleashes a new visual mixing technique.
10.00 News
With Emma Ledden.
10.30 UK Singled Out
Dating show.
11.00 The Blame Game
11.30 Say What??
12midnight Partyzone
1.00am News
1.30 UK Singled Out
2.00 Club Mix
3.00 MTV Megamixes
5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Mr Motivator 1.00pm Greatest Hits of... 1.30 Pop-Up 2.00 Jukebox 4.30 VH1 to One 5.00 VH1 Live 6.00 Something for the Weekend 7.00 Greatest Hits of... 7.30 Talk Music 8.00 Ed Sullivan's Rock 'n' Roll Classics 8.30 The Best of Live at VH1 9.00 The Kate & Jono Show 10.00 Ten of the Best 11.00 VH1 Spice 12midnight The Friday Rock Show 2.00am-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Ainsley's Meals in Minutes 10.30 Looking Good 11.00 Antiques Roadshow US 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Delia Smith's Summer Collection 2.00 Style Street 2.30 Garden Stories 3.00 Growing Places 3.30 Voyage 4.00 Voyage
4.30 a la mode
5.00 Antiques Roadshow
6.00 Holiday in Style
7.00 Can't Cook, Won't Cook
7.30 The DIY Show
8.00 Real Rooms
8.30 Style Street
9.00 Gardeners' World
9.30 Good Living
10.00 The House Detectives
10.30 The Antiques Show
11.00
How Does Your Garden Grow?
12midnight-1.00am Rough Guide to the World's Islands

Friday 23 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Joy of Painting 6.30 Garden Club 7.00 All Gardens Great and Small 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 All Gardens Great and Small 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.29 H&L House 11.30 A River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM
4.00pm Rex Hunt's Fishing Adventures
Rex Hunt continues his fishing adventures.
4.30 Walker's World
India

5.00 PM
5.00 Classic Bikes
Heavy Metal
5.30 Treasure Hunters
The Golden Hell
Explorers hunt for gold.

6.00 PM
6.00 Zoo Story
The continuing stories from London Zoo.
6.30 Cheetah - The Winning Streak
A look at cheetahs who are at risk even in their sanctuaries.
7.30 Great Escapes
Volcano of Death
How an expedition set out to climb Mt Sangay.

8.00 PM
8.00 The Crocodile Hunter
Island in Time
A visit to Fraser Island, the largest sand island in the world.

9.00 PM
9.00 The Barefoot Bushman
Tiger Snakes
Rob Bredl examines the natural history of the poisonous tiger snake.

10.00 PM
10.00 Animal Weapons
Chemical Warfare
A look at the various ways animals have developed to protect themselves.

11.00 PM
11.00 Extreme Machines
Fastest Man on Earth
Craig Breedlove and Richard Noble talk about their hopes.

12.00 NIGHT TIME
12midnight Forbidden Places: Death
Death in its biological reality described by those who work with terminally ill patients.
1.00am Classic Bikes
Heavy Metal
1.30-2.00am Treasure Hunters
The Golden Hell

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 The Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Cow and Chicken 12.30pm Animaniacs 1.00 Cow and Chicken 1.30 2 Stupid Dogs 2.00 Cow and Chicken 2.30 The Powerpuff Girls
3.00 Cow and Chicken
Fun with the feuding family.
3.30 The Sylvester and Tweety Mysteries
4.00 Cow and Chicken
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Cow and Chicken
More cartoon comedy with the mismatched siblings.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Tom and Jerry
Cat and mouse chase cartoon comedy.
7.30 Looney Tunes
Another dose of animated adventures.
8.00 Cartoon Cartoons
A double dose of fun.
8.30-9.00pm Cult Toons

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blues Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Tattoo
Tia gets a tattoo.
7.30 Jenny
8.00 Desmond's
Comedy based in a Peckham barber-shop.
8.30 Mad About You
The Wedding Affair
Jamie reveals a secret.
9.00 Ellen
These Successful Friends of Mine
9.30 Spin City
Starting Over
Starring Michael J Fox.
10.00 FILM: Airplane!
Leslie Nielsen, Lloyd Bridges, Robert Hays
Classic spoof airport disaster movie. When the crew of a jumbo jet are struck by a mysterious virus, the fate of the passengers depends on an ex-war pilot who is the only one who can land the plane. *1980*
12midnight Comedy Network
12.30am Armstrong and Miller
1.00am The Larry Sanders Show
1.30 Late Night with David Letterman 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Goosebumps or Oggy and the Cockroaches 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Join Wolverine and the team in their fight against evil.
3.30 Summer X-Press
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up to take on adults.
5.30 Ace Ventura
Animated adventures.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Diamanté Designs
Diamond-look jewellery.
8.30 Dress for Less
Stylish footwear that's comfortable and affordable.
9.30 Fitness Zone
Range of easy-store fitness equipment.
10.00 Junior Choice
Star Wars toys and memorabilia.
11.00 Jewellery Box
Jewellery designs with the natural beauty of gemstones.
12noon Dress for Less
Essential holiday fashion.
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 In the Garden
Gardening advice and equipment.
3.00 Shop! Feature
Slimming special.
4.00 Cook's Den
Help for preparing parties.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Jewellery Box
7.00-8.00pm Junior Choice

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 6.00 UK Today 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 Talking Movies 12midnight News 12.30am Zero 30 1.00 News 2.30 Talking Movies 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00 News 5.30-6.00am Seven Days

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Asia 12.30pm Earth Matters 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Week in Review 4.30 Fashion TV 5.00 News 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin et Le Journal du Temps 7.00 Journal de Radio Canada 7.30 D (Design) 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Des Héros Ordinaires Contrôle d'Identité 11.00 Infos 11.05 Voilà Paris 11.30 Journal France 3 12noon Infos 12.05pm Autour du Tour F3 1.00 Journal 1.15 Des Héros Ordinaires Contrôle d'Identité 3.00 Journal 3.15 Questions 3.30 Les Belges du Bout du Monde 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Des Héros Ordinaires Contrôle d'Identité 7.00 Journal Belge 7.30 Journal de France 2 et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour F2 8.15 Résumé de l'Étape du Jour 9.00 Journal 9.15 Ça se Discute 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Katha Sagar 8.30 Holy Quran 9.00 FILM 11.30 News 12noon Darpan 12.30pm Chidi Ka Ghulam 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Khiladi 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-8.00am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dam Dama Dam 6.30 Jaagran 7.00 Faith: Muslim 7.30 News 8.00 Pakistan News Link 8.30 Tara-2 9.00 Adhikar 9.30 Raahein 10.00 Mohabbat Eik Mohabbat 11.00 Zaike Ka Safar 11.30 Parampara 12noon FILM 3.00pm Hum Zameen 3.30 Chalo Cinema 4.00 Filmi Chakkar 4.30 Mama Miya 5.00 Mr Gayab 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Best of India 7.00 Khoobsurat 7.30 Entertainment Express 8.00 News 8.30 Aashirwad 9.00 FILM 12midnight News 12.30am Woh 1.00 X-Zone 2.00 FILM 5.00 Beegi Ke Pg 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Today with Marilyn Hickey 5.30 River of Life 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids' TV 7.45 This is your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 The Messenger 9.00 Another Day of Victory 9.30 A Call to Prayer 10.00 Times Like These Pensacola 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Boarding Pass 3.15 Clarke's Chronicle 5.49am Clips

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

THE HISTORY CHANNEL
WORLD PACK

12noon Rites of Death 12.55pm Photos for the Future 1.00 Edward Windsor Presents... 1.30 Fairies and Leprechauns 2.00 Biography *Natalie Wood* 3.00 World War I *Over There* 3.30 Men in Crisis *Lindberg vs the Atlantic*
4.00 Clash of Wings *Wings of the Rising Sun* 5.00 The Statue of Liberty 6.00 Camelot 6.55 Photos for the Future 7.00 Edward Windsor Presents... *Portsmouth* 7.30 The Holy Grail 8.00 Biography *Benito Mussolini* 9.00 World War I 9.30-10.00pm Men in Crisis *Churchill vs Goering*

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

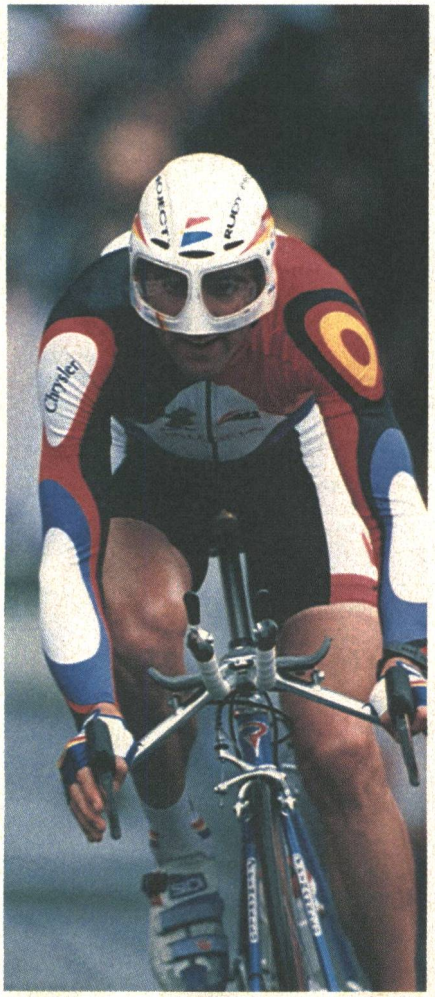
QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Christmas in July – All Day.

CABLE CHECK
Some of the channels listed may not be available in your area

THE DEVIL IN DISGUISE

The hellish inferno that rages under the punning title and the foreboding booms on the soundtrack during the opening courtroom act warn us that *The Devil's Advocate* is going to be no run-of-the-mill legal drama. And, sure enough, the extraordinary nature of this film begins to reveal itself when cocky Florida defence lawyer Kevin Lomax (Keanu Reeves) is invited to work for a New York law firm run by the powerful, enigmatic and darkly charming John Milton (Al Pacino). Milton woos Lomax with a generous salary and a luxurious apartment for him and his beautiful, vivacious wife, Mary Ann (Charlize Theron). But the young couple's carefree relationship begins to deteriorate almost immediately: Lomax, spoilt by his new riches and feelings of power (Milton actively encourages his aggressive ambition, eventually making him a partner in the firm), becomes aware of an erotic charge in the air. He starts to neglect his wife, ignoring the signs that she is hurtling towards a total mental collapse, pushed on by horrific hallucinations. But he will soon be violently jolted out of his selfishness to question the identity and motives of his mysterious mentor. This blackly comic spin on the Faust parable is most convincing in its suggestion that the firm exists in an eerily out-of-sync, alternative New York. Director Taylor Hackford elaborates on the quietly sinister ambience of the John Grisham adaptation *The Firm* while drawing on elements from Roman Polanski's standard-bearer in satanic cinema *Rosemary's Baby*. But the film soon swaps its subtleties of atmosphere and subversively underplayed humour for feverish shocks and boldly defiant silliness, even finally mocking its own intentionally hokey cyclical structure. Perhaps fittingly for a film that seems to pride itself on its overblown oddness, it is its very weaknesses that make *The Devil's Advocate* so weirdly watchable, its mixing of moods and the awkward counterpointing of the anti-acting of Reeves with the goggle-eyed grandstanding of Pacino exerting a perverse pull.

Sky Premier Saturday 24th 10.00pm



PEDAL POWER

This Sunday, the world's leading pedal pushers sprint for the finishing line at the Champs-Elysées in Paris at the climax of the premier event in the cycling calendar, the Tour de France. A tough, demanding race that spans around 3680 km in total, it is a test of skill, stamina and brute staying power. Last year's Tour was rocked by a drugs scandal that saw the entire Festina team disqualified (and several other teams pull out in protest), but the romanticism of the race is just as strong and never more so than during the final stage when the exhausted elite riders draw on reserves of energy to battle it out for possession of the prestigious yellow jersey. Potential challengers include Swiss speed kings Alex Zulle and Laurent Dufaux, the former Festina teammates whose one-year ban has now elapsed, and Spaniard Abraham Olano (pictured).

Eurosport Sunday 25th 1.00pm – LIVE

FOAM, SWEET, FOAM

The brainchild of actor Eddie Murphy (who recently enjoyed something of a comeback after several lean years with the double-whammy remakes of *The Nutty Professor* and *Dr Dolittle*), *The PJs* is a funky new animated series set in and around an inner city housing project. Murphy's idea was to transpose an animated fantasy world to a realistic urban backdrop and the result is excellent: an often hilarious and identifiable sitcom that has all the earthy hipness of *The Simpsons* or *King of the Hill*. The wonderfully observed characters were fashioned in foam and have a real textured quality; they react to the sharply written situations they find themselves in with the sort of wisecracking, streetwise humour you would expect from former stand-up comic Murphy, whose vocal talents help bring projects supervisor Thurgood Stubbs to life.

Sky One Sunday 25th 7.00pm

Saturday 24 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Merlin's Shop of Mystical Wonders
1995, rating Sky PG, 88 mins
8.00 The Second Jungle Book: Mowgli and Baloo
Text *1997, rating Sky PG, 86 mins*
10.00 Space Jam
Text *1996, rating Sky U, 84 mins*
12noon Bean
Rowan Atkinson, Peter MacNicol
Text *1997, rating Sky PG, 85 mins*
2.00pm Kid Cop
Alexandra Paul, Edward Albert, Cindy Pickett, Tim Thomerson,
Action movie about a ten-year-old whose obsession with detective work, following the death of his father, plunges him into danger. *1996, rating Sky U, 89 mins*

4.00 Space Jam
Michael Jordan, Bill Murray
A mix of animation and live action. When Bugs Bunny challenges the evil Nerdlucks to a basketball challenge, he soon realises that he and his gang have bitten off far more than they can chew. In desperation, they kidnap star NBA player Michael Jordan. Text *1996, rating Sky U, 84 mins*
6.00 The Second Jungle Book: Mowgli and Baloo
Jamie Williams, Bill Campbell, Roddy McDowall
Live action based on the characters in Kipling's classic novel. Mowgli struggles to avoid being put in the circus as an attraction. Text *1997, rating Sky PG, 86 mins*
7.30 p:review
Hosted by Jessica Whittaker.
8.00 Bean
Rowan Atkinson, Peter MacNicol, Pamela Reed
The hopelessly inept Mr Bean, somehow has managed to get a job as a security guard. His latest assignment finds him travelling to America looking after the famous Whistler's Mother painting as it is transported from Britain to a posh new museum. Text *1997, rating Sky PG, 85 mins*
10.00 The Devil's Advocate
Al Pacino, Keanu Reeves, Charlize Theron
PREMIERE A hot shot young lawyer is recruited by a large and powerful legal firm, and becomes obsessed with work. His wife begins to experience strange, demonic visions, which hint at the truth behind his new job. *1997, rating Sky 18, 138 mins*
12.25am Black Rain
Michael Douglas, Andy Garcia
Police thriller. Two New York cops hunt down a suspect in Japan *1989, rating Sky 18, 120 mins*
2.30-6.00am The English Patient
Ralph Fiennes, Juliette Binoche
World war two romantic drama, focussing on a mystery patient. Text *1996, rating Sky 15, 155 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

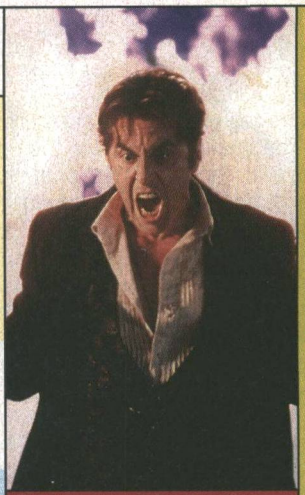
7.00am The Bears and I
1974, rating Sky PG, 85 mins
9.00 Challengers
Gwynyth Walsh, Eric Christmas
1989, rating Sky PG, 94 mins
11.00 The Swarm
Michael Caine, Katharine Ross
1978, rating Sky PG, 111 mins
1.00pm Hi Honey, I'm Dead
Curtis Armstrong, Catherine Hicks, Kevin Conroy, Paul Rodriguez
1991, rating Sky PG, 88 mins

3.00 The Bears and I
Patrick Wayne, Andrew Duggan, Michael Ansara
Drama about a Vietnam veteran who travels to the Rockies. Once there he looks after bear cubs and attempts to ease the mounting tension between a tribe of Native Americans trying to reclaim their lands and a racist white supremacist group. *1974, rating Sky PG, 85 mins*
5.00 Challengers
Gwynyth Walsh, Eric Christmas, Gena Zamprogna
Family drama. Following the death of her father, a girl moves to a new town determined to join a particular gang. The only trouble is, they have a strict boys-only rule, so she is forced to hatch an elaborate plan, the question is whether it will work. *1989, rating Sky PG, 94 mins*
7.00 Warlord: Battle for the Galaxy
Rod Taylor, Carolyn McCormick, John Pyper-Ferguson, John Corbett, Elisabeth Harnois
Sci-fi adventure in which a courageous warrior teams up with a former enemy of his for a joint mission to rescue his sister from the evil alien forces who have captured her. *1996, rating Sky PG, 89 mins*
9.00 The End of Violence
Bill Pullman, Andie MacDowell, Gabriel Byrne, Traci Lind
PREMIERE Stylish thriller from acclaimed director Wim Wenders. When two men hired to kill a film producer are found murdered, a scientist working on a top secret project nearby, claims to have captured the crime on CCTV. *1997, rating Sky 15, 117 mins*
11.05 Superfly
Ron O'Neal, Carl Lee
1970s action drama about a cocaine dealer looking to make one last big hit before retiring to a better life. The Mob for whom he works has other ideas. *1972, rating Sky 18, 88 mins*
12.40am This World, Then the Fireworks
Billy Zane, Gina Gershon
1996, rating Sky 18, 96 mins
2.25 Final Justice
1998, rating Sky 15, 88 mins
4.00-5.30am Vampire Journals
1997, rating Sky 18, 78 mins

SKY CINEMA
PREMIUM CHANNEL

11.00am Monkey Business
Cary Grant, Ginger Rogers, Charles Coburn, Marilyn Monroe
1952, rating Sky U, 93 mins
12.45pm Barricade
Raymond Massey, Ruth Roman, Dane Clark, Robert Douglas
1949, rating Sky PG, 72 mins
2.00 Road to Singapore
Bing Crosby, Bob Hope, Dorothy Lamour
Comic adventure. Two men embark on their first adventure in Singapore, and both fall for the same woman. *1940, rating Sky U, 81 mins*

3.30 Around the World in 80 Days
David Niven, Shirley MacLaine, Robert Newton, Marlene Dietrich
Travel adventure based on the classic Jules Verne novel. A Victorian English gentleman bets that he can make it around the globe in under three months thanks to the new technology of trains and steamships, but proving the claim is never simple as he crosses the globe using different modes of transport. *1956, rating Sky U, 135 mins*
6.00 Guadalcanal Diary
Preston Foster, Lloyd Nolan, William Bendix, Richard Conte
War drama, filmed in documentary style. A war correspondent witnesses the build-up to, and execution of, the vital Pacific battle for Guadalcanal during World War Two, and some of the personal lives of those involved in the fighting. *1943, rating Sky 12, 90 mins*
8.00 Top Hat
Fred Astaire, Ginger Rogers, Helen Broderick
Classic musical, set in various European locations and boasting some spectacular dance sequences and a rip-roaring romance. A showman practising his dance steps in a hotel wakes up the woman below, but when she goes to complain she falls in love. *1935, rating Sky U, 95 mins*
10.00 Wait Until Dark
Audrey Hepburn, Alan Arkin, Richard Crenna, Jack Weston
Thriller in which a blind woman accidentally gains possession of a large supply of heroin, and the villain who had the drugs stalks her to get the drugs back. *1967, rating Sky 15, 103 mins*
11.50 Midnight Lace
Doris Day, Rex Harrison, John Gavin, Roddy McDowall
Thriller about a wealthy woman who is plagued by a series of strange telephone calls. *1960, rating Sky PG, 104 mins*
1.40am Woodstock
1970, rating Sky 15, 178 mins
4.40-6.15am Tarzan's Triumphs
Johnny Weissmuller
1943, rating Sky PG, 73 mins



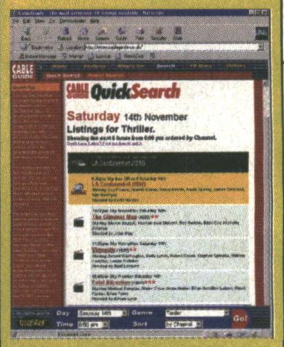
Al Pacino gives 'em hell in the premiere of 'The Devil's Advocate'. Sky Premier 10.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Pat Garrett and Billy the Kid
James Coburn, Kris Kristofferson, Richard Jaeckel
Violent elegy for the passing of the Old West, based on the life and legend of the bandit William H Bonney. Knowing that his days are numbered, the Kid returns to Fort Sumner, which he terrorised in his youth as an outlaw with Pat Garrett. But Garrett, who has fallen into the clutches of the greedy cattle barons, is now the sheriff. *1973, 122 mins*
11.30 Ride the High Country
Randolph Scott, Joel McCrea, Mariette Hartley, Ronald Starr
Western. Two cowboys reflect on their lives while guarding a gold shipment. *1962, 89 mins*
1.30am The Rounders
Henry Fonda, Glenn Ford
Western drama. *1965, 81 mins*
3.00-5.00am Westworld
Widescreen *1973, 84 mins*



WANT TO KNOW WHICH HUGH GRANT MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Destination Moon
John Archer, Warner Anderson, Tom Powers, Dick Wesson
Sci-fi thriller which won an Oscar for its special effects. An American businessman decides that America has to be first on the moon. When the mission lands, the astronauts are not certain they will have enough fuel to return. *1950, 91 mins*
7.50 Pieces of the Moon
8.00 Enemy Mine
Dennis Quaid, Louis Gossett Jr, Richard Marcus, Brion James
A sci-fi buddy film, directed by Wolfgang Petersen, with a twist in the tale. A pair of battling intergalactic enemies find themselves thrust together in a hostile environment with co-operation the only key to their survival. *1985, 103 mins*
9.50 Rocket Man
10.00 Dune
Kyle MacLachlan, Francesca Annis, Brad Dourif, Jose Ferrer
David Lynch sc-fi epic based on the cult novel by Frank Herbert. A duke and his family are sent by the emperor to a distant desert planet to collect a spice that is vital for space travel, but the order is a plot designed to destroy him. When the duke's son escapes, he sets out for revenge. *1984, 131 mins*
12.20am Majorettes in Space
12.30 The Man with Two Brains
Steve Martin, Kathleen Turner
Comedy. *1983, 86 mins*
2.00 Pulp
Michael Caine, Mickey Rooney
Drama. *1972, 92 mins*
3.35-6.00am Depeche Mode 101
Documentary. *1977, 116 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen. *1998, Sky PG, 83 mins*
PLAYS AT 6.30am, 8.00am, 9.30am and 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorised once more. Stars Neve Campbell. *1998, Sky 18, 115 mins*
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt. *1997, Sky PG, 124 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta. *1997, Sky 12, 110 mins*
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Superhuman Samurai Syber Squad 8.00 Wild West Cowboys of Moo Mesa 8.30 Double Dragon 9.00 The Simpsons Text 9.30 Pokémon 10.00 Shadow Raiders 10.30 Godzilla 11.00 World Wrestling Federation 12noon World Wrestling Federation 1.00pm Pacific Blue 2.00 America's Dumbest Criminals Text 2.30 Pokémon

3.00 Godzilla
Nick's team of scientists travel the globe defending mankind.
3.30 Shadow Raiders
Graveheart and Cryos must undergo a torturous Trial by Fire.

4.00 Star Trek: Deep Space Nine
The Ship
A severely injured crew member's life hangs in the balance. Text

5.00 Star Trek: Voyager
Parallex
As they try to find their way back to known Federation Space, the crew of the Starship Voyager face a unique situation.

6.00 Early Edition
The Wedding
Gary learns that the wedding of his old high school sweetheart is going to be disrupted by the murder of her father.

7.00 Hercules: The Legendary Journeys
Hercules realises that the evil Dahak is up to no good when he discovers that all of Mabon's Druids have been slaughtered.

8.00 Really Caught in the Act 6
Including footage of vandals who damage the phone in an elevator and then panic when the lift becomes stuck! Text

9.00 Stargate SG-1
Politics
A powerful US Senator vows to shut down the Stargate project despite warnings of an imminent Goa'uld invasion. Text

10.00 Stargate SG-1
Within the Serpent's Grasp
As the government prepares to mothball the Stargate project, O'Neill and the SG-1 team take an unauthorised trip. Text

11.00 Feature

12midnight Showbiz Weekly
Entertainment bible, bringing Sky One viewers in-depth coverage of film, music, TV and the biggest name celebrity interviews.
12.30am Malibu Shores
The Competitive Edge Text
1.30 The Extraordinary
A family helped by an angel. Text
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
Soap set in St Angela's Hospital.
7.30 Neighbours Omnibus
Phoebe has an accident which could threaten her baby's life.
9.25 Dallas Omnibus
Another chance to see last week's set of episodes.
12.10pm EastEnders Omnibus
Tempers are frayed at the Taverniers', while Rachel awaits important news about her future.

3.00 The Bill Omnibus
The holiday season brings the usual rash of break-ins and the bumblebee team is overwhelmed, leaving Garfield to solve the cases with his technical know-how. A fourteen-year-old thief follows in his father's footsteps and when Boyden proves to be a hero, he thinks he deserves a reward. A domestic dispute gets out of hand leaving Datta and Stamp to unravel a case of mistaken identity.
5.20 To the Manor Born
DeVere hosts the Hunt Ball but forgets to invite Audrey, who arranges an exquisite revenge.

6.00 FILM: Doctor Who – The Movie
Paul McGann, Eric Roberts, Daphne Ashbrook
Feature-length adventure set in San Francisco on New Year's Eve, 1999. The Doctor appears to be fatally wounded by a street gang and is rushed to hospital, where Dr Holloway discovers there is more to this unknown traveller than meets the eye. *1997*

8.00 Bread
Carla Lane's Liverpudlian sitcom about the Boswells, a family of loveable rogues.
8.40 The Detectives
The Wembley Stadium Mystery
9.20 Fawlty Towers
Basil the Rat
Classic sitcom about a Torquay hotel run by disaster-prone Basil Fawlty and his neurotic battleaxe of a wife, Sybil.
10.05 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
10.45 Bottom
Parade
Anarchic comedy.

11.25 Monty Python's Flying Circus
Seminal comedy sketch show.

12.05am
FILM: The Day of the Jackal
Edward Fox, Michel Lonsdale, Michael Auclair, Alan Badel
Espionage thriller based on the attempted assassination of President Charles de Gaulle. *1973*
2.30 Colin's Sandwich
3.00-7.00am
Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living
9.00 Ready, Steady, Cook
9.30 TV Dinners
10.00 Entertainment Now!
10.15 Home and Away
12.20pm
FILM: Doing Time on Maple Drive
James B Sikking, Bibi Besch
Drama. *1992*
2.20 FILM: Liz – The Elizabeth Taylor Story
Sherilyn Fenn, William McNamara
Two-part drama telling the story of Hollywood star Elizabeth Taylor, from her childhood through to her whirlwind romances and many marriages. *1995*

4.10 Fashion Emergency
Makeover show in which supermodel Emme and her team help ordinary people with unusual style dilemmas.
4.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.

6.20 Michael Cole
Talk show in which host Michael Cole tackles sensational subjects with a studio audience.

8.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
8.30 The Dating Game
Guests choose between looks and personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Sex Bites
Raunchy fun.
11.00-12midnight Passion
Steamy tales of passion in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Mission: Impossible
7.00 Plus on Plus
7.30 Cannon and Ball Show
8.00 Doctor at Sea
8.30 Supersonic
9.00 The Avengers
10.00 The Persuaders
11.00 Hawaii Five-0
12noon Second Thoughts
12.30pm Plus on Plus
1.00 Mission: Impossible
2.00 The Return of the Saint

3.00 The Darling Buds of May
A Season of Heavenly Gifts
Pop decides to look after the money from a safe-cracking job until someone claims it.

4.00 The Love Boat
The Joker is Mild
A lovable but pushy grand-mother fights to find a husband for her highly attractive young grand-daughter.

5.00 The Persuaders
The Time and the Place
There's a murder in a country wood, a pretty but evasive girl, a political drama and sensation in a television studio.

6.00 The Benny Hill Show
Comedy icon Benny Hill in a series of sketches, featuring a host of quirky characters, guest stars and a bevy of beauties. With Henry McGee.

7.00 The Avengers
The Rotters
A timber industrialist uses secret research to try and take over the world. With Patrick Macnee and Linda Thorson.

8.00 The Darling Buds of May
A Season of Heavenly Gifts
Pop decides to look after the money from a safe-cracking job until someone claims it.

9.00 The Wheeltappers & Shunters Social Club
Colin Crompton, the lugubrious chairman, has organised a mystery coach tour.
10.00-11.00pm
The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm V.P.L.
Alternative fashion programme, presented by Francine Lewis.
11.30 The Hot House
Late-night show, presented by Kim Hughes and Terry Christian.
12midnight
Jo Guest's Private Parts
Glamour model Jo Guest presents this saucy late-night series.
12.30am
Bigger Better Battling Babes
Female wrestling.
1.00 Real Sex Part 2
1.30-2.00am
A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

Incredible Adventure Weekend:
6.00am PB and J Otter 6.30 New Adventures of Winnie the Pooh 7.00 Bite Size 7.20 Bear in the Big Blue House 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids: TV Show 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Movie Surfers Go Inside Mulan 1.30 FILM: Swiss Family Robinson
John Mills, Dorothy McGuire
Classic children's romp. *1960*

3.40 Mickey's Mouseworks
3.45 The Lion King's Timon and Pumbaa
Fun with the mad meerkat and wacky warthog.

4.00 FILM: Honey, We Shrunk Ourselves
Rick Moranis, Eve Gordon
Wacky Wayne, the absent-minded inventor who accidentally shrunk his kids, is back again causing chaos. *1997* Text
5.15 Honey, I Shrunk the Kids: TV Show
Honey, I Know What You're Thinking
Amy uses the Brainiactivator. Text
6.00 Smart Guy
Comedy about a smart kid who's put up into tenth grade. Text
6.30 Boy Meets World
Truth and Consequences
US comedy. Text
7.00
FILM: The Jungle Book
Jason Scott Lee, Cary Elwes, Lena Headley, Sam Neill
Live action feature film version of Rudyard Kipling's wonderful *Jungle Book* stories. Brought to life with a host of stars, you can again thrill to the stirring adventures of Mowgli. *1994* Text
8.50 Honey, I Shrunk the Kids: TV Show
Science is serious fun in the Szalinski household, where dad's an eccentric inventor. Text
9.30 Great African Wildlife Rescue
Stories of animal re-location.
10.00 Home Improvement
Tanks for the Memories Text
11.00 Flipper Text
11.45-12midnight Classic Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

The Devil's Advocate
Sky Premier 10.00pm
A darkly comic spin on the Faust parable that combines courtroom thrills with effective chills, this premiere has plenty of intriguing twists to recommend it. Keanu Reeves is the hot-shot lawyer who is headhunted by a strange firm run by the sinister, secretive Al Pacino.

GENERAL

Incredible Adventure Weekend
Disney Channel from 6.00am
Everyone gets a free pass to the Disney Channel this weekend, giving you the chance to catch a whole swag of favourite family movies, including *Swiss Family Robinson*, *Alice in Wonderland*, *Herbie Goes to Monte Carlo* and *Honey, We Shrunk Ourselves*. Fun viewing!

ADVERTISEMENT

UK GOLD
SHOOTING STARS
10.05PM
Vic Reeves and Bob Mortimer bring their own special brand of daftness to the quiz show which has no comprehensive rules and whose celebrity contenders run the risk of being pelted with fruit and vegetables.

Saturday 24 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

MORNING

6.00 AM
7.30am Swimming – LIVE
10.00 Fishing
11.00 Strongest Man
Action from this classic international contest.
12noon Swimming – LIVE
Coverage of the European Championships in Istanbul.
1.15pm Rally
Coverage of the FIA Rally from New Zealand.
1.45 Formula 3000 – LIVE
Coverage of the FIA Formula 3000 International Championship in Spielberg, Austria.
3.30 Cycling – LIVE
Up-to-the-minute coverage of the world's biggest international cycling contest.
4.30 Cycling
Highlights of the world's greatest cycling contest, the Tour de France.

5.00 PM
5.00 Swimming
Coverage of the European Championships in Istanbul.

6.00 PM
6.00 Swimming – LIVE
Coverage of the European Championships in Istanbul.

7.00 PM
7.30 Swimming
All the action from the European Championships in Istanbul, Turkey.

8.00 PM
8.00 Cycling
Highlights from the world's greatest cycling tournament, the Tour de France.

9.00 PM

10.00 PM
10.00 Swimming
Coverage of the European Championships in Istanbul, Turkey.

11.00 PM
11.00 Tennis
Highlights of the ATP Tournament in Stuttgart, Germany.

NIGHT TIME
12.00
12midnight-1.00am Boxing
Coverage of a classic international boxing contest.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Super League 7.00 Sky Sports Centre 7.30 Extreme Sailing 8.00 Racing News 8.30 Ford International Rugby Union: Tri-Nations – New Zealand v Australia – LIVE
10.30 Australian Rugby League – LIVE
Presented by Chris Warren.
12.30pm Euro Tour Golf: TNT Dutch Open Day 3 – LIVE

3.30 Euro Tour Golf: Seniors British Open – LIVE
The action continues from the Royal Portrush Golf Club in Northern Ireland on day three of the 1999 Seniors British Open, where a total of $560,000 is up for grabs.

6.00 Australian Rugby League
Highlights from another great match.
7.30 International Rugby Union: Tri-Nations – New Zealand v Australia
Highlights of the best of the action from the Tri-Nations clash between New Zealand and Australia, as both sides look to consolidate their position in the international arena in time for the World Cup.
Repeat from Sky Sports 3
9.00 Cricket: England v New Zealand Second Test
Highlights from the crucial third day's play in the second Test match between England and New Zealand. As ever, Lord's provides the traditional venue for the second game in an English Test series.
11.00 Euro Tour Golf: TNT Dutch Open and Seniors British Open
An opportunity to catch up with the action from day three of the TNT Dutch Open and the Seniors British Open.
1.00am Ford Golf USA: John Deere Classic
3.00 Cricket: England v New Zealand Second Test
5.00-6.00am Max Power
Featuring material from around the world.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited 7.00 Aerobics Oz Style 7.30 Racing News 8.00 Sky Sports Centre 8.30 Gillette World Sport Special 9.00 Soccer AM 12noon Australian Rules Football 2.00pm Pool: World Pool Championship Quarter-Finals – LIVE
The World Pool Championships reach the quarter-final stage with live coverage from the Cardiff International Arena. This event is likely to bring professional pool playing to a whole new audience and bring the sport into the mainstream where it belongs. With the final now appearing over the horizon, the tension is likely to be mounting as the stars battle it out on the green baize.

5.30 Extreme Sailing
The most daring seafarers in action risking their lives.

6.00 Baseball Max
Best of the week's baseball action.
6.30 Irish Motor Sport

7.00 Pool: World Pool Championship Quarter-Finals – LIVE
The eighth day's play continues with further action from the quarter-finals stage of the World Pool Championship at the Cardiff International Arena.

10.30 Major League Baseball: Houston Astros v San Diego Padres
Major League baseball featuring the latest game of the day between the Houston Astros and the San Diego Padres.

1.30am Irish Motor Sport
2.00 Australian Rules Football
4.00 International Rugby Union: Tri-Nations – New Zealand v Australia
5.30-6.00am Rebel Sports
Featuring amazing material.

SKY SPORTS 3
PREMIUM CHANNEL

12noon Max Power
Featuring material from around the world, including both two and four wheel motorsport.
1.00pm Moto-Plus
Motoring mayhem for those who like to live life in the fast lane.
1.30 International Rugby Union: Tri-Nations – New Zealand v Australia

3.00 Baseball Max
Combining highlights of the past week in the Major Leagues.
3.30 Irish Motor Sport
4.00 Max Power
Featuring material from around the world.

5.00 Bobby Charlton's Football Scrapbook
Each week a different football great joins Bobby Charlton and Dickie Davies to look back at some of the key matches in his career.
6.30 The Winning Post: Lingfield/ Redcar – LIVE
Jeff Stelling presents another night of live top class horse racing, this time coming from Lingfield and Redcar.

9.00 Ford Golf USA: John Deere Classic – LIVE
Action from day three in the $2 million John Deere Classic. Steve Jones ousted Scott Gump by one stroke to win the title 12 months ago and the American contingent are expected to dominate again.
11.00 Gillette World Sport Special
David Jensen presents this comprehensive report.
11.30-12midnight Rebel Sports

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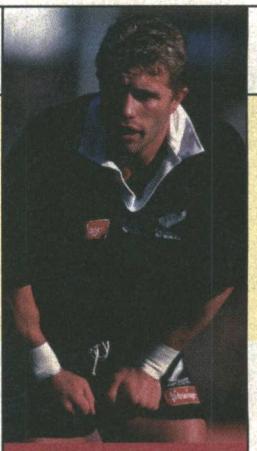


Justin Marshall of New Zealand hopes to make an impact against Australia. Sky Sports 1 8.30am – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
6.15 Season Snapshots
6.30 Junior Masterfan
7.00 An Audience with...
A United legend takes centre stage to share memories and answer questions from devotees.
8.00 Red Hot News
The latest developments from Old Trafford.
8.15 Super Match Shorts
8.30 Super Match

9.30 Red Hot Update
9.35 Super Match Continued

10.30 Red Hot News
All the latest developments.
10.45 Super Match Shorts
Enjoy Red Heaven.
11.00-12midnight Did You See...?
If you missed it, don't worry, sit back and relax as we show you the best bits from the week.

SCI-FI
ACTION PACK

7.30am Cybernet 8.00 The Flash 9.00 The Ray Bradbury Theatre 9.30 New Alfred Hitchcock 10.00 The Twilight Zone 10.30 The Twilight Zone 11.00 The Incredible Hulk 12noon The Six Million Dollar Man 1.00pm The Six Million Dollar Man 2.00 The Six Million Dollar Man

3.00 The Six Million Dollar Man
The Return of the Bionic Woman
Steve Austin goes on a mission to fight terrorists.
4.00 The Six Million Dollar Man
The Seven Million Dollar Man
Another, more powerful, bionic man is created.
5.00 FILM: Bionic Showdown
Lee Majors, Lindsay Wagner, Richard Anderson, Sandra Bullock
The Bionic Woman and the Six Million Dollar Man re-unite in a hunt for a bionic spy. *1989*

7.00 The Flash
Tina, Is that You?
Starring John Wesley Shipp, Amanda Pays and Alex Desert.

8.00 FILM: Date with an Angel
Michael E Knight, Phoebe Cates, Emmanuelle Béart, David Dukes, Phil Brock
Jim is about to marry Patty. One day he wakes up to find an injured angel in his pool, when Patty sees him trying to help the angel she leaps to the wrong conclusion! *1987*
10.00 FILM: Afraid of the Dark
James Fox, Paul McGann,
A young boy is fearful for his blind mother. It seems that a murderer has been attacking blind women and his father, a policeman, has yet to apprehend the criminal. *1991*
11.40 Sci-Focus Special
12midnight Perversions of Science
Anatomy Lesson
12.30am The Hunger
1.00 Mystery Science Theatre 3000
2.45 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
NEW ZEALAND V AUSTRALIA
SKY SPORTS 1 8.30AM

With this year's Rugby World Cup in Wales fast approaching, the jaded All Blacks are desperately trying to rediscover their awesome form of old. Today's Tri-Nations encounter with Australia may ask more questions than it answers, unless there's an outstanding New Zealand victory. Experienced Kiwi international players like Justin Marshall need to step forward to reverse the current spate of Aussie victories in these annual contests.

ITV2
ACCESS PACK

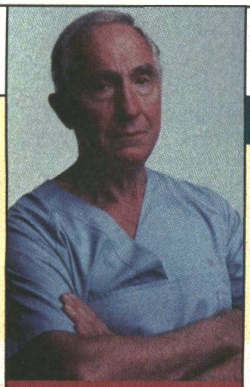
9.25am Toddlers CITV2
11.05 Dream Street
11.15 The Adventures of Captain Pugwash
Classic cartoon.
11.25 Wolves, Witches and Giants
11.40 Zzzap!
12noon Captain Simian and the Space Monkeys
12.20pm The Zig and Zag Show
12.35 The Rottentrolls
12.45 Crazy Cottage
1.15 Extreme Dinosaurs
1.40 Drama Special
2.00 Extreme Ghostbusters
2.30 Are You Afraid of the Dark?
2.55 The Ward
3.25 Lavender Castle
3.40 Home and Away
Omnibus of the popular Australian soap.
5.30 Futbol Mundial
6.00 Taking the Pitch
6.30 Dealer's Choice
7.00 The Locker
7.30 The Mix
8.30 Maggie Winters
American sitcom about a woman who returns to her small-town roots.
9.00 Wonderful You
10.00 Double Bill
Tuesday's and Thursday's episodes back-to-back.
12midnight God's Gift
Dating game-show.
1.00am The Haunted Fishtank
1.30-2.00am Videotech

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview
12.10am Stripper of the Year
12.20 Double Agent
12.45 FILM: Fingers
2.05 Adult Feature
2.30 FILM: Head Trip
Erotic feature film.
3.40-4.00am Doctor on the Job

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Saturday 24 July



Nigel Hawthorne stars as an eminent surgeon in 'Fragile Heart'. Carlton Select 9.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 The Fashion Show 9.00 No Tomorrow 9.30 Indecent Proposals 10.00 UWA Wrestling Rampage 11.00 Boys' Toys 11.30 Lie Detector 12noon The Fashion Show 12.30pm No Tomorrow 1.00 Judge Judy 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 Bangers and Smash
Stock car racing action.
4.00 Mis-Match of the Day
Celebrity football challenge.
4.30 Agony
More advice for troubled souls from the straight-talking agony aunts.
5.30 Indecent Proposals
Members of the public are paid cash for performing wacky stunts.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on Earth.
7.00 The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00 Bangers and Smash
Stock car racing action.
8.30 Mis-Match of the Day
Celebrity football challenge.
9.00 UWA Wrestling Rampage
A feast for grapple fans, featuring all the ringside action from contests around the country.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults-only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen College 10.00 School Dinners 10.30 Food for Thought 11.00 Three Chefs in the Cape 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm Ross on the Range 1.00 Newman Meets 1.30 The Spice Trail 2.00 The Alex Factor 2.30 Food Network Daily 3.00 Japaneasy 3.30 Simply Fish 4.15-5.00pm More Simply Antony
Indian
Food from the sub-continent.

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Cooking with Kids
5.30 Get Smart
The Hot Line

6.00 I Spy
Night Train to Madrid
A troupe of entertainers is headed by a comedian who becomes a target of hostile propoganda.
7.00 An Inspector Calls
Fare Cops
7.30 Birds of a Feather
Cheat!
8.00 Peak Practice
Hope to Die
Jack goes out on a limb, despite Beth's protestations, when he helps a chronically-ill miner.
9.00 Fragile Heart
Edgar is shocked when Nicola arrives in China to help him with the operation. Stars Nigel Hawthorne.
10.00 Wildside
Gritty police drama series about the people who work in a downtown police station and a renegade crisis centre in Sydney.
11.00 Hill Street Blues
Requiem for a Hairbag
Belker is asked out to dinner by an outrageous male prostitute.
12midnight I Spy
Night Train to Madrid
1.00am Jenny Eclair's Private Function
A topical, comical chat and review show.
1.30-2.00am The Screen
Magazine programme looking at the latest movies.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari 2.00 Lassie
Trains and Planes and Boats
Natalie's rowing boat is heading for the rapids.
2.30 Lassie
Man Hunt
Lassie meets an ex-con.

3.00 Animal Doctor
Following the work of RSPCA vets.
3.30 Animal Doctor
Following the work of RSPCA vets.
4.00 Going Wild with Jeff Corwin
Venezuela
4.30 Going Wild with Jeff Corwin
Louisiana
5.00 Horse Tales
The Melbourne Cup
A horse owner prepares for the Melbourne Cup.
5.30 Horse Tales
Canadian Mounties
6.00 Judge Wapner's Animal Court
A lawyer is suing for non-payment of legal bills.
6.30 Judge Wapner's Animal Court
7.00 Aspinall's Animals
The Bestest Thing Ever
7.30 Aspinall's Animals
They're My Friends
8.00 Aspinall's Animals
One of the Herd
8.30 Aspinall's Animals
Auf Wiedersehen, Pets
9.00 Aspinall's Animals
Best of Friends
9.30 Aspinall's Animals
And Life Goes On...
10.00 Born to Be Free
Following three Kenyan lion cubs as they are moved to Botswana to be reintroduced into the wild.
11.00 Emergency Vets
A retriever/setter mix is diagnosed as diabetic.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons 9.00 Romance in the Stones 10.00 Hannibal and Desert Storm 11.00 Las Vegas and the Mormons 12noon Tomorrow's World Plus 1.00pm Close Encounters 2.00 Eagle: A Wildlife Special

3.00 Great White Shark
The True Story of Jaws
Film looking at great white sharks in their natural environment.
4.00 Paracas and the Billion Dollar Bird
Ian Holm narrates a documentary about the wildlife that lives along the coast of South America.
5.00 Animal Hospital
Vets in action.
5.30 BG Wildlife Photographer of the Year
In from the Wild
6.00 Children's Hospital – Special Edition
6.30 Back to the Floor
Back on Site
7.00 The Great Storm – A 999 Special
The night in 1987 when the south and east of England were devastated by violent storms.
8.00 The Human Body
Life Story
Professor Robert Winston explores the complexity of the human body.
9.00 Moon Landing Splashdown
A showing of the 1968 NASA TV broadcast of the moon landing.
9.30 One Small Step – Man on the Moon
The inside story of the Apollo 11 Moon mission.
10.35 Astronaut's View of Earth
A portrait of planet earth from outer space.
11.35 Disaster
A Major Malfunction
12midnight-1.00am The OJ Simpson Trial
Defence

UK PLAY:
1.00am Lucas and Walliams in Rock Profile 1.30 Mark and Lard's Pop Upstairs Downstairs 2.00 FuturTV 2.30 Bob Downe 3.00 Sound of Disco 3.30 Alphabet Show 4.30 Bod 4.45 Trumpton 5.00 UK Top 20 5.30 Noise 6.00 Noise 6.30-7.00am UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden Livetime 7.00 The View 7.50 Consuming Passions 8.00 Rosemary Conley 8.30 Gardeners' Diary 9.00 The Montel Williams Show 10.00 Intimate Portrait 10.50 Consuming Passions 11.00 Perfect Parenting 11.30 Susan Brookes' Family Recipes 12noon Roddy Llewellyn's Indoor Garden 12.30pm Cook's Garden 1.00 Home and Garden Livetime 2.00 The View

3.00 Home and Garden Livetime
Interior design, DIY and gardening advice with demonstrations and top tips from the experts.
4.00 The Montel Williams Show
Another Chance at Love
Montel invites his guests to take a second stab at finding true love.
5.00-6.00pm Intimate Portrait
Halle Berry
Profile of the model turned actress.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Deadly Shadow of Vesuvius
Follow the Italian volcanic early warning team, as they go into the dormant crater of Mount Vesuvius.
8.00 Night Stalkers
The facts about bats.
8.30 Island Eaten by Rats
How rats changed Big South Cape island.
9.00 Raptor Hunters
Follow scientists as they fight the rigours of the Tunisian Sahara to prove that a forested delta region once existed there.
10.00 The Chemistry of War
The surprising number of animals that have evolved effective mechanisms of chemical warfare.
11.00 Cool Science
Join scientists as they fly over Iceland to survey the destruction caused by a glacial flood the size of five Mississippi Rivers.
12midnight As It Wasn't in the Beginning
This programme explores the Earth's delicate ecological balance.
12.30am-1.00am Alchemy in Light

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Strike it Lucky
Madcap gameshow.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow.
6.30 The Games Room
6.40 Candid Camera
Practical jokes played on the general public.
7.15 The Games Room
7.25 Roll with It!
Celebrity gameshow.
7.55 The Crystal Maze
Another team of intrepid adventurers face an eclectic collection of games and challenges, both mental and physical.
9.00 The Games Room
9.15 Karaoke Challenge
9.45 The Games Room
10.00 Endurance UK
British version of the Japanese gameshow.
10.30 The Cooler
Late night quiz hosted by Donna Air.
11.00 Celebrity TV Bloopers
Another trawl through the archives, unearthing celebrities' blunders for your enjoyment.
12midnight Carnal Knowledge1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Sexcetera 11.15 Sex Guides 12midnight Freeview 12.12am Nightcalls – Summer Special 1.40 FILM: I'll Try Anything... Once! 3.00 Dungeon Dykes 3.25 Lesbian Fantasies 3.45-4.00am Caught at Home

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 7.00 Spice Girls' Favourite Videos: Sporty 8.00 Spice Girls' Favourite Videos: Posh 9.00 Bytesize MTV: Spice Girls Edition 10.00 European Top 20 12noon News Weekend Edition 12.30pm Collexion: Spice Girls 1.00 All Time Top 10 Spice Girls Videos 2.00 The Lick R&B Chart Show 3.00 Bytesize MTV: Spice Girls Edition 4.00 Select MTV 6.00 News Weekend Edition 6.30 MTV Live 7.00 Bytesize MTV: Spice Girls Edition 7.30 Essential Spice Girls 8.00 All Time Top 10 Spice Girls Videos 9.00 Celebrity Deathmatch 9.30 News Weekend Edition 10.00 Say What?? 11.00 Total Request 12midnight brand:new. 1.00am Saturday Night Music Mix 3.00 Chill Out Zone 5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Greatest Hits of... Robbie Williams 9.30 Talk Music 10.00 Something for the Weekend 11.00 The Millennium Classic Years: 1977 3.00pm The VH1 Album Chart Show 4.00 Hot Hits Weekend 8.00 The VH1 Disco Party 9.00 The Kate & Jono Show 10.00 Gail Porter's Big 90s 11.00 VH1 Spice 12midnight Midnight Special 12.30am Ed Sullivan's Rock'n'roll Classics 1.00-6.00am Hot Hits Weekend

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Country Tracks 8.00 Tracks 8.30 How Does Your Garden Grow? 9.30 Growing Places 10.00 Gardeners' World 10.30 Antiques Roadshow US 11.30 The Antiques Show 12noon Moving People 12.30pm House in France 1.00 Coast to Coast 1.30 Country Tracks 2.00 Tracks 2.30-3.00pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm Arena People 4.10 Sounds of the Sixties 4.40 Sounds of the Sixties 5.10 Later on... Cat Stevens 6.00 Arena 100 6.30 The First, The Last, My Everything 7.00 Reviews You Can Use 7.55 Arena People 8.55 Not Only... But Also... 9.30 Marty 10.05 FILM: The Innocent Sleep *1995* 12.05am Later on... Cat Stevens 1.00 Not Only... But Also... 1.30 Marty 2.00-3.00am Arena People

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Saturday 24 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Potted History 6.30 Top Marques 7.00 Tool Time 7.30 Four Walls 8.00 Gimme Shelter 8.30 Wood Wizard 9.00 Go Fishing 9.30 Hooked on Fishing 10.00 Fishing Adventures 10.30 Our House 11.00 Our House 11.29 Home and Leisure House 11.30 Yankee Workshop 12noon Cookabout 12.30pm Top Marques 1.00 Doorstep DIY 1.30 House Down Under 2.00 Fishing Australia 2.30 Two's Country Caribbean 3.00 Time Team 3.30-4.00pm Time Team

DISCOVERY
WORLD PACK

3.00 PM

4.00pm The Great Commanders
Alexander the Great
Profile of the greatest commander of his age.

5.00
War and Civilization
Revolution
How liberty and justice motivated people to fight in the French Revolution.

6.00
War and Civilization
Blood and Iron
How the industrial revolution provided the technology for quick battles.

7.00
Port Chicago Mutiny
How, on 17 July 1944, two ships exploded near San Francisco, killing 320 men and injuring 390.

8.00
Hooray for Hollywood
The world of special effects.

8.30
Creatures Fantastic
Aliens

9.00
Science Frontiers
It Came from Outer Space
Examining the concept that life on earth originated in space.

10.00 Science of the Impossible
Can We Reach the Stars?
Can humans travel to other star systems, and is space tourism within our grasp?

11.00 The Sexual Imperative
A Time and a Place
How potential mates, human and animal, send signals to each other.

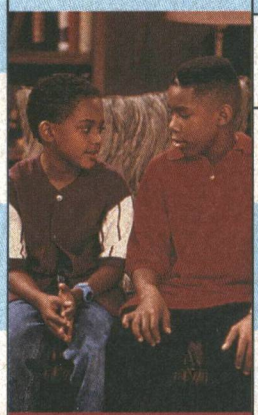
12midnight The FBI Files
Death in Alaska
How the FBI used forensic evidence to solve a case of sexual assault and murder.

1.00am-2.00am
Weapons of War
German Bombers – The Weakest Link

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 The Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 RTG 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon The Flintstones 12.30pm Looney Tunes 1.00-9.00pm Episode One Weekend

Special programming to commemorate the UK opening of *Star Wars Episode One: The Phantom Menace*



Dee Dee and Alfie enjoy friendly sibling rivalry in 'My Brother and Me'. Nickelodeon 8.00am

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 Jumanji 8.00 My Brother and Me NEW SERIES 8.30 Renford Rejects 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Clarissa Explains it All 11.30 Clarissa Explains it All 12noon Sister Sister 12.30pm Kenan & Kel 1.00 The Secret World Of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00
The Wild Thornberrys
Animal adventures.

3.30 Doug
A day in the life of the daydreaming kid.

4.00 Rugrats
Fun with the over-imaginative toddlers.

4.30 Hey Arnold!
A day in the life of the daydreaming kid.

5.00 Sabrina The Teenage Witch
5.30 Sabrina The Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
It's a Party Thang
The girls have a party.

7.30 Jenny

8.00 Desmond's
Barbershop sitcom.

8.30 Mad About You
Love Among the Tiles
Valentine's Day for Paul and Jamie.

9.00 Ellen
Shower Scene
Ellen erases the tape of Paige's sister giving birth.

9.30 Spin City
An Affair to Remember

10.00
FILM: Spaceballs
Mel Brooks, John Candy, Rick Moranis, Joan Rivers
Mel Brooks's spoof of *Star Wars* also takes a shot at *Star Trek*, *Alien*, *Planet of the Apes* and just about every other sci-fi film ever made. *1987*

11.45 Lancelot Link
Chimp detective antics.

12midnight Comedy Network 12.30am The People Vs Jerry Sadowitz 1.00 Morwenna Banks 1.30 Still in Bed with MeDinner 2.00 Mad for It 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Silver Surfer 7.15 Beetleborgs Metallix 7.40 Mortal Kombat 8.00 Summer X-Press 8.05 Power Rangers 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Mad Jack 11.30 Spy Dogs 12noon Goosebumps or Oggy and the Cockroaches 2.15pm Silver Surfer 2.40 Beetleborgs Metallix

3.05 Mortal Kombat
3.30 Summer X-Press
Magazine show presented by Roy and Lisa.

3.35 Spiderman
Animated adventures.

4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.

5.00
Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the adults.

5.30-7.00pm
FILM: Turtles – East Meets West
A feature-length adventure for the Teenage Mutant Hero Turtles.

SHOP!
LIFESTYLE/ SELECTION PACKs

6.00am Shop! Selection 7.00 Bargain Shop! 7.30 In the Kitchen 8.30 Household Solutions
Laundry special, with all you need to get rid of those washday blues.
9.30 Junior Sports Store 10.00 Spotlight on Sports
Weekend sports special including a feature on golf.
11.00 The Gold Collection
Start your own gold collection with our range of affordable and stylish jewellery.
12noon The Clothes Line 1.00pm Bargain Shop! 1.30 Switched On
The experts recommend the best in home entertainment.
2.30 6 of the Best
Featuring our pick of the best power tools around.
3.00 Global Cuisine
More international fare, including all you need to create authentic Greek dishes.
4.00 Home Style
An hour of stylish ideas from our experts.
5.00 Shop! Selection
6.00 The Gold Collection
Start your own gold collection with our range of affordable and stylish jewellery.
7.00-8.00pm
The Clothes Line
Casual style from sizes 12-26.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.30 Talking Movies 8.00 Weekend 24 9.00 News 10.30 Straight Talk 11.00 News 11.30 Simpson's World 12noon News 12.30pm Seven Days 1.00 News 2.30 Straight Talk 3.00 News 6.30 Scoreline 7.00 News 7.30 Scoreline 8.00 News 8.30 Simpson's World 9.00 News 9.30 Straight Talk 10.00 News 10.30 Talking Movies 11.00 News 12.30am Seven Days 1.00 News 2.30 Simpson 3.00 News 3.30 Science Review 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am Straight Talk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Europe 6.30 Business 7.30 World Beat 8.30 Sport 9.30 Pinnacle 10.30 Sport 11.30 Your Health 12.30pm Moneyweek 1.00 Report 3.30 Sport 4.30 Pro Golf 5.00 Larry King 6.30 Fortune 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World View 11.30 Inside Europe 12.30am Health 1.00 World Today 1.30 License 2.00 Larry King 3.00 World Today 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour: 6.00am Sunrise 9.30 Showbiz Weekly 10.30 Fashion TV 12noon Sky News Today 1.30pm Answer the Question 2.00 Sky News Today 3.30 Global Village 4.30 Week in Review 5.00 Live at Five 7.30 Sportsline 8.30 Answer the Question 9.30 Fox Files 10.00 Sky News at Ten 11.30 Sportsline Extra 12.30am Showbiz Weekly 1.30 Fashion TV 2.30 Book Show 3.30 Week in Review 4.30 Answer the Question 5.30-6.00am Showbiz Weekly

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal 6.00 Infos 6.05 Bus 7.00 Journal 7.30 Branché 8.00 Infos 8.05 Bus 9.00 Journal 9.15 Faut pas Rêver 10.00 Infos 10.05 Outremers 11.00 Infos 11.05 D (Design) 11.30 Journal 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Les Raisins de la Colère 2.30 Les Inventions de la Vie 3.00 Journal 3.15 Questions 3.30 Sport 4.00 Infos 4.05 Reflets 5.00 Journal 5.15 D'un Monde a l'Autre 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape 9.00 Journal 9.15 La Vie a l'Endroit 11.00 Journal 11.30-12midnight Soir 3

3SAT 5.50am 7 Tage 6.00 Fundsachen 7.00 Alpenpanorama 8.00 Zeit 8.05 Kulturzeit 8.45 Slowenien 9.15 Schilling 9.45 Report 10.00 Eröffnung 11.30 Quer 12.15pm Schlagermagazin 1.00 Computerredaktionen 1.30 Dunkel des Dschungels 2.15 Frauensache 2.50 Am Fernen Horizont 4.35 Tips 5.00 Solo 5.30 Ausland 6.00 Heute 6.18 3sat-Wetter 6.20 Foyer 7.00 Tagesschau 7.15 Der Barbier von Sevilla 9.30 Jazz 10.10 Alex 11.15 Seitenblicke 11.45-12midnight Satire

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Variety Programme 10.30 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Edit 4.30 Thekikaat 5.00 Chand Grehan 6.00 Ek Mulaqat 6.30 BPL Oye 7.30 Eurospice 8.00 Junoon 8.30 Mumkin 9.00 FILM 11.30 Court Martial 12midnight Mumkin 12.30am Ek Mulaqat 1.00 FILM 4.30 Junoon 5.00 Grift 6.00 Chand Ghazlien 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dillagi 6.30 Shabads 7.00 Faith 7.30 News 8.00 Pakistan Business Week 8.30 Jungle Book 9.00 Mr Gayab 9.30 Entertainment Express 10.00 Up Beat 10.30 Zee Addicts 11.00 Ru-ba-ru 11.30 Khana Khazana 12noon FILM 3.00pm My Choice 4.00 Jaal 5.00 Public Demand 5.30 Rishtey 6.30 Hum Paanch 7.00 Zee Top Ten 8.00 News 8.30 Jaan 9.00 FILM 12midnight News 12.30am Shapath 1.00 Purush Kshetra 2.00 FILM 5.00 Aur Ek Minute 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Kenneth Hagen 5.30 Potters House 6.00 Bishop Henry Ferdenandez 6.30 Global Harvest Force 7.00 Jack van Impe Presents 7.30 This is Your Day 8.00 Kids Club 8.30 Feature 9.00 Feature 9.30 Voice of the Covenant 10.00-11.00am In Depth with Derek and Ruth Prince

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus:
3.19am Ask the IFA
4.15 Bloomberg Money

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scottish Parliament 12noon Parliamentary Coverage 2.00pm PM's Questions 2.30 Hearts and Minds 3.00 Welsh Assembly 5.00 Parliamentary Coverage 11.30-12midnight Straight Talk

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Camelot
12.55pm Photos for the Future
1.00 Edward Windsor Presents...
1.30 The Holy Grail
2.00 Biography
Benito Mussolini
3.00 World War I
Over Here
3.30 Men in Crisis
Churchill Vs Goering
4.00 Korea – Stalin's Secret Air War
5.00 The Cold War
The Strangelove Factor
6.00 Spy in the Sky
The story of the capture of spyplane pilot Gary Powers.
7.00 Biography
Che Guevara
The Cuban revolutionary
8.00 The Spanish-American War of 1898
9.00 The Spanish-American War of 1898
10.00-12midnight Ernest Hemingway

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Jewellery Collection at 9.00am.

CABLE CHECK
Some of the channels listed may not be available in your area

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ANY PURPOSE

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	£25,000	525.83	389.96	324.04	261.66	233.69
	£20,000	420.66	311.97	259.23	209.33	186.95
11.4% Variable or fixed for up to 5 years NO FEES	£17,500	379.79	285.65	240.27	198.03	179.68
	£15,000	325.54	244.85	205.95	169.74	154.01
	£12,500	271.28	204.04	171.62	141.45	128.34
	£11,000	238.73	179.55	151.03	124.47	112.94
	£10,000	217.03	163.23	137.30	113.16	102.67
12.9% Variable or fixed for up to 5 years NO FEES	£9,000	201.29	153.30	130.38	109.41	100.61
	£8,000	178.93	136.27	115.89	97.25	89.43
	£7,500	167.74	127.75	108.65	91.17	83.84
	£6,000	134.20	102.20	86.92	72.94	67.07
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Sunday 25 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am The Directors: The Films of Herbert Ross
7.00 Pete's Dragon
1977, rating Sky U, 123 mins
9.10 Land Before Time V: The Mysterious Island
1997, rating Sky U, 70 mins
10.30 Home Alone
1991, rating Sky PG, 99 mins
12.30pm Hollywood Buzz
1.00 Mrs Winterbourne
1996, rating Sky PG, 101 mins

3.00 Land Before Time V: The Mysterious Island
Voices of Jeff Bennett, Aria Noelle Curzon, Thomas Dekker
Littlefoot and his dinosaur friends fight against starvation after locusts decimate the food supply. *1997, rating Sky U, 70 mins*

4.30 Barry Norman's Film Night
Reviews, interviews with top stars and exclusives.

5.00 Home Alone
Macaulay Culkin, Joe Pesci, Daniel Stern, John Heard
Comedy. When a family rush off to Paris, they leave behind something – their youngest son. Alone at home, he discovers that fending for himself can be fun. When a pair of dim-witted burglars arrive, the tyke gets to expend his mischievous energy. *1991, rating Sky PG, 99 mins*

7.00 Prince Valiant
Stephen Moyer, Edward Fox, Katherine Heigl, Joanna Lumley
PREMIERE Arthurian adventure based on the comic strip about a young squire who masquerades as a knight and convinces King Arthur to send him on dangerous but exciting missions after the Vikings steal the legendary sword, Excalibur. *1998, rating Sky PG. 88 mins*

9.00 The Peacemaker
George Clooney, Nicole Kidman, Marcel Iures
Action adventure in which two mis-matched government operatives are on the trail of a number of nuclear warheads which have fallen into the hands of terrorists, who are threatening to use the weapons to blow up Manhattan. *1997, rating Sky 15, 124 mins*

11.05 Ghosts from the Past
Alec Baldwin, Whoopi Goldberg
Drama, based on a true story. A woman watches in horror as her civil rights activist husband is shot dead. Despite being obviously guilty, the culprit is set free after two juries cannot agree on a conviction. Text *1996, rating Sky 15, 125 mins*

NIGHT TIME

1.15am Lone Star
Chris Cooper, Kris Kristofferson
1996, rating Sky 15, 130 mins
3.30-5.10am Deadly Illusion
1988, rating Sky 15, 86 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am License to Drive
1988, rating Sky PG, 86 mins
8.00 McHale's Navy
1996, rating Sky PG, 105 mins
10.00 Fatso
1980, rating Sky PG, 90 mins
12noon Cinema Paradiso
Philippe Noiret, Jacques Perrin
Award-winning Italian drama. *1988, rating Sky PG, 118 mins*
2.00pm My Ghost Dog
Russ Tamblyn, John Phillip Law, Sharon Alsina, TL Brooke
Family drama about a young boy's dog which, fatally hit by a car while chasing two thieves, returns from beyond the grave to help him and his father. *1997, rating Sky U, 87 mins*

4.00 License to Drive
Corey Haim, Corey Feldman, Carol Kane, Richard Masur, Heather Graham
Action comedy in which a teenage boy, who fails to pass his driving test, takes his father's vintage car out for the night rather than miss out on a dream date. All manner of disasters ensue. *1988, rating Sky PG, 86 mins*

6.00 McHale's Navy
Tom Arnold, Tim Curry, Ernest Borgnine, Dean Stockwell
Comedy adventure based on the TV series. A naval commander and his men's charmed life, stationed on a sleepy Caribbean island, is destroyed when a maniacal Major takes it upon himself to invade a nearby island. *1996, rating Sky PG, 105 mins*

8.00 The Associate
Whoopi Goldberg, Dianne Wiest, Eli Wallach, Tim Daly, Bebe Neuwirth
Comedy. A businesswoman, upset by the male domination of her work environment, tries to overcome the sexism by inventing a male business partner, but finds she can't keep her secret for long. Text *1996, rating Sky PG, 109 mins*

10.00 Trial and Error
Jeff Daniels, Michael Richards, Austin Pendleton, Jessica Steen
Courtroom comedy. An out-of-work actor finds himself masquerading as a courtroom attorney who is too hung over to attend a trial. Text *1997, rating Sky 12, 94 mins*

11.40 Sublet
Danny Nucci, Victoria Sanchez
Political thriller in which a reporter realises he has been set up. *1998, rating Sky 15, 88 mins*
1.15am The Grifters
John Cusack, Anjelica Huston
Text *1990, rating Sky 18, 106 mins*
3.05 Mr Reliable
Text *1996, rating Sky 15, 108 mins*
5.00-6.30am Fatso
1980, rating Sky PG, 90 mins

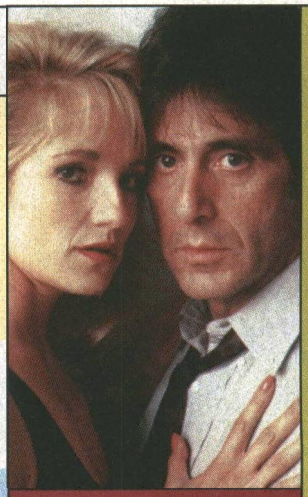
SKY CINEMA
PREMIUM CHANNEL

11.00am Sons of the Desert
Stan Laurel, Oliver Hardy
Laurel and Hardy spin a web of lies in order to go to a convention of which their wives disapprove. *1933, rating Sky U, 63 mins*
12.10pm The Deep Six
Alan Ladd, William Bendix
War drama about a Quaker who is reluctantly drafted into the navy. *1958, rating Sky PG, 103 mins*
2.00 The Proud Ones
Robert Ryan, Virginia Mayo, Jeffrey Hunter
Western about a marshal who must confront a tide of lawlessness in a border town after the completion of the first railroad from Texas. *1956, rating Sky PG, 90 mins*

4.00 The Tin Star
Henry Fonda, Anthony Perkins, Betsy Palmer
Powerful Western in which an anxious sheriff decides that he needs to team up with a former lawman in order to round-up, and bring to heel, a group of local trouble-makers. Text *1957, rating Sky U, 89 mins*
5.55 Gunfight at the OK Corral
Burt Lancaster, Kirk Douglas, Rhonda Fleming, Jo Van Fleet, John Ireland, Lee Van Cleef
Epic Western, filled with tense action sequences, based around the infamous shoot-out which involved Wyatt Earp and Doc Holliday in the streets of Tombstone with the Clanton gang. Text *1957, rating Sky PG, 118 mins*

8.00 Bullitt
Steve McQueen, Robert Vaughn, Simon Oakland, Jacqueline Bisset, Don Gordon
Thriller in which a San Francisco police detective senses something suspicious when he finds himself protecting a Mafia informant. The film includes a classic car chase through the city's hilly streets. Text *1968, rating Sky 15, 109 mins*

10.00 Sea of Love
Al Pacino, Ellen Barkin, John Goodman, Michael Rooker, William Hickey
Erotic mystery in which a jaded, alcoholic New York cop investigates a series of brutal murders and decides to go undercover, only to fall for the prime suspect. *1989, rating Sky 18, 108 mins*
11.55 Prince of the City
Treat Williams, Jerry Orbach
Drama. A cop is pressured into informing on his colleagues. *1981, rating Sky 15, 161 mins*
2.40am The Secret of the Purple Reef
1960, rating Sky 12, 77 mins
4.05-5.35am The Proud Ones
1956, rating Sky PG, 90 mins



Extremes of passion for Ellen Barkin and Al Pacino in 'Sea of Love'. Sky Cinema 10.00pm

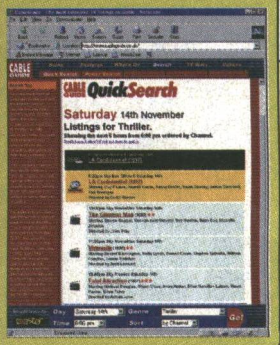
MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm How the West Was Won
Gregory Peck, Henry Fonda, John Wayne, James Stewart, Debbie Reynolds, George Peppard, Eli Wallach
An epic western about three generations of a pioneer family, showing how its fortunes fluctuated during the dynamic westward expansion of America in the 19th century. Three top directors each tackle separate episodes of the story, filmed in the short-lived three-camera Cinerama process. *1962, 146 mins*

12midnight Four Eyes and Six Guns
Judge Reinhold, Fred Ward
Western adventure. *1992, 90 mins*
1.45am Apache War Smoke
Gilbert Roland, Glenda Farrell
Western drama. *1952, 67 mins*
3.15-4.25am Ride Him Cowboy
John Wayne, Ruth Hall
Western. *1932, 56mins*



WANT TO KNOW WHICH MACAULAY CULKIN MOVIES ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Hidden Fortress
Toshiro Mifune
Akira Kurosawa's film is set in 16th-century Japan, riven by civil wars. A samurai, while escorting a princess through enemy territory, is joined by two peasants and, as the journey progresses, the growing dangers are counterbalanced by the new companions' clownish behaviour. *1958, 139 mins*
8.30 Higher Learning
Omar Epps, Kristy Swanson, Jennifer Connelly
John Singleton's film concentrates on the freshmen arriving at a university, and then follows their various interweaving triumphs and tragedies – from a black athlete to a preppy female, who, after being date-raped, finds herself falling for lesbian. The tales he tells show the difference between the expectation and realisation of college life. *1995, 123 mins*
10.40 Boyz 'n' the Hood
Cuba Gooding Jr, Larry Fishburne
Social drama. A ghetto boy is sent by his mother out of LA to live with his father, and be brought up responsibly. But when he returns, poverty, drugs, drive-by shootings and violent cops abound. *1991, 108 mins*
12.30am Sunday Outing: Francois Ozon
Series of gay short films.
2.00 Ma Vie en Rose
Tender drama. *1997, 89 mins*
3.35-5.35am Privates on Parade
Comedy. *1982, 108 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy about a short-sighted old duffer who causes chaos wherever he goes. Stars Leslie Nielsen. *1998, Sky PG, 83 mins*
PLAYS AT 6.30am, 8.00am, 9.30am, 11.00am, 12.30pm, 2.00pm, 3.30pm, 5.00pm and 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorised once more. Stars Neve Campbell. *1998, Sky 18, 115 mins*
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt. *1997, Sky PG, 124 mins*
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta. *1997, Sky 12, 110 mins*
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

6.00am Hour of Power
7.00 Garfield and Friends
7.30 Superhuman Samurai Syber Squad 8.00 Grimmy
8.30 Earthworm Jim
9.00 The Simpsons Text
9.30 Pokémon
10.00 The Adventures of Sinbad
11.00 World Wrestling Federation
12noon Kung Fu
1.00pm Pacific Blue
2.00 Beverly Hills, 90210

3.00 Earth 2
The Man Who Fell to Earth
Danzigar meets Gaal, who claims he is an astronaut explorer who has been lost on the planet for years. Text

4.00 Star Trek: Deep Space Nine
Looking for Par'march
Worf helps Quark woo a visiting Klingon woman, despite the fact that he is in love with her. Text

5.00 Star Trek: Voyager
The Cloud
When Janeway is informed that the sensors have detected a nebula emitting omicron particles, she decides to collect them. Text

6.00 The Simpsons
When You Dish Upon a Star
Homer befriends celebrities. Text

6.30 The Simpsons
Lost Our Lisa
Lisa takes the wrong bus. Text

7.00 The PJS
Journal Fever

7.30 King of the Hill
Sleight of Hank
Peggy assists a magician. Text

8.00 Crusade
The Path of Sorrows
Gary Cole, Tracy Scoggins and Peter Woodward star in this *Babylon 5* spin-off.

9.00 The X-Files
Biogenesis
Mulder believes that metallic objects discovered in Africa are proof that life originated elsewhere in the universe.

10.00 Basic Instincts
Working for Success

10.30 The Serial Killers
Harvey Carignan
This week's interviewee is serial killer Harvey Carignan.

11.00 Highlander: The Series
Star-Crossed
Kalas causes more trouble for MacLeod when he frames an old friend for murder. Text

12midnight LAPD
Detectives track down the murderer of a pawn shop owner.

12.30am LAPD
A possible drug deal ends in a double execution.

1.00 Strange Luck
She Was Text

2.00-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
7.35 Angels
8.00 Angels
8.30 Blake's Seven
9.30 Dr Who and the Androids of Tara
11.20 Dallas Omnibus
1.10pm FILM: The Square Peg
Norman Wisdom, Honor Blackman, Edward Chapman, Hattie Jacques, British comedy with the unlikely war hero Norman Pitkin. *1958*

3.00 The Bill Omnibus
Episodes include a a conflict of interest within the force at Sun Hill when Haines is eager to set up a drugs bust. However, Meadows has other plans for him. In another episode Monroe and Loxton's investigations into the disappearance of a small boy lead them into some bizarre discoveries – and a grey area of the law. Sally Johnson arrives at Sun Hill; Carver had better get used to her style but he doesn't like it.

5.25 Ask the Family
The general knowledge quiz presented by Alan Titchmarsh.

6.00 Heartbeat
Nick is taken hostage by an intruder at the Aidensfield Arms. Imprisoned with George and Greengrass, he learns of a local trade in stolen farm machinery.

7.05 Keeping Up Appearances
Hyacinth is thrilled when Mrs Fortescue asks for a lift into town.

7.45 Open All Hours
Classic sitcom about a miserly shopkeeper and his nephew.

8.25 Porridge
Pardon Me
Fletch meets a man who has been in prison for 17 years for a crime he said he didn't commit.

9.05 Harry Enfield and Chums
More comedy from Enfield, and his chum Paul Whitehouse.

9.45 Harry Enfield and Chums

10.25 Hamish Macbeth
Esme, having discovered musical talent in young Glaswegian Frankie Bryce, hopes that he can win the Willie McGraw Trophy.

11.30 NYPD Blue
Ice Follies
Following Roberto's death of an overdose, Martinez's father wants to avenge the dealer who he thinks sold his son heroin.

12.30am Ruby Wax Meets... Heidi Fleiss

1.05 Whatever Happened to the Likely Lads?

1.40 Colin's Sandwich.

2.15-3.00am Colin's Sandwich

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living
9.00 Can't Cook, Won't Cook
9.30 TV Dinners
10.00 The Roseanne Show – Highlights
10.30 Brookside Omnibus
12.30pm FILM: The Waiting Game
Chandra West, Paula Abdul Romantic drama. *1998*
2.20 FILM: Liz – The Elizabeth Taylor Story
Sherilyn Fenn, William McNamara Concluding the drama exploring the life of Hollywood goddess Elizabeth Taylor, from her childhood through to her whirlwind romances and many marriages.

4.10 Fashion Emergency
Makeover show.

4.35 The Wedding Show
A programme following couples preparing for their big day, including footage of the ceremony and reception.

5.05 Trauma Center
Series following real-life cases on the emergency ward.

6.00 Special Babies
Documentary series on babies born with special needs, their parents and the medical staff who care for them.

7.00 Life, Camera, Action
Amazing real-life drama caught on camera.

8.00 Change of Heart
Dating show in which partners meet their dream date.

8.30 The Dating Game
Dating show in which guests must choose looks or personality.

9.00 Jerry Springer
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively – and sometimes heated – discussion about relationship issues.

10.45 Sex Bites
Late-night raunchy fun with Katrina Buchanan.

11.00-12midnight Passion
Erotic drama double bill for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Dempsey & Makepeace
7.00 Plus on Plus
7.30 Beadle's About
8.00 Doctor at Sea
8.30 Supersonic
9.00 Dempsey & Makepeace
10.00 On Style
11.00 The Saint
12noon The Love Boat
1.00pm Poirot
2.00 Return to Eden
Dennis is out to get Taylor.

3.00 Classic Coronation Street – The Omnibus
Hilda discovers that with impending rent and rate rises she can't afford to run her chip shop – so decides to sell it as a going concern. There's worry for Annie as brewery directors may be paying her a visit. Fred tries to ingratiate himself with chairperson Sarah. Annie gets criticized for tarting the Rovers up too much and Mewton and Ridley come to visit.

5.30 Time After Time
A New Leaf
Gillian discovers that Kenny's problems are very complex.

6.00 The Benny Hill Show
Classic comedy, sketches and the usual bevy of babes. Tonight special guests include Henry McGee, Bob Todd, Jack Wright and Jon Keefe.

7.00 Poirot
The Lost Mine
The chairman of a bank asks Poirot to investigate the disappearance of one of his most treasured customers, Mr Ling.

8.00 Return to Eden
Dennis and Angelo are out to get Taylor and his thugs. Phillip is to be Jill's husband and Jake will soon have enough shares to get on the board of Harpers.

9.00 The Knock
A batch of kruggerands is melted down into ingots for sale at a shop in Southall, which could result in a violent confrontation.

10.00-11.00pm The Benny Hill show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm 2 Wheels
Weekly magazine programme about motorbikes.

11.30 Pro-Superbike
An action-packed programme presented by Chris Carter.

12midnight Through the Gears
The weekly, topical international motor sport magazine show.

12.30am 4 Wheels
The world of classic and sports cars, plus car-buying tips.

1.00 Biker's Night off
Zany quiz show for bikers hosted by Paul Johnston.

1.30-2.00am Motor Week

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

Incredible Adventure Weekend:
6.00am PB and J Otter 6.30 Pooh
7.00 101 Dalmatians 7.20 Little Mermaid 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids: TV Show 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Making of Pocahontas 1.30 FILM: Alice in Wonderland
Classic animation. *1951*
2.45 Timon and Pumbaa

3.00 FILM: Mary Poppins
Julie Andrews, Dick Van Dyke
The Banks family needs a new nanny, but when the wind's direction changes it blows the extraordinary Mary Poppins into their lives. She proceeds to bring music and magic into their lives, with the help of Bert the street entertainer, pulling the family closer together than ever before. *1964*

5.15 Honey, I Shrunk the Kids: TV Show
Honey, I Got Duped
Wayne activates one of his inventions and makes a clone of himself. Text

6.00 Smart Guy
TJ's a smart kid who's jumps to the tenth grade. Text

6.30 Boy Meets World
This Little Piggy
Eric bribes Feeny. Text

7.00 FILM: Popeye
Robin Williams, Shelley Duvall
Popeye is brought to real life on the big screen in this enjoyable family film. Other favourites, like Bluto and Olive Oyl, join in the fun as Popeye returns to his home town to find his father. Text

8.35 Honey, I Shrunk the Kids: TV Show
Honey, The House is Trying to Kill Us
Wayne invents a robot. Text

9.15 Great African Wildlife Rescue
Stories of animal re-location.

9.40 Dinosaurs
Animated comedy. Text

10.05 Home Improvement

11.00 Flipper
Live action adventure. Text

11.45-12midnight Classic Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SUNDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Gunfight at the OK Corral
Sky Cinema 5.55pm

This 1957 Western plays fast and loose with the facts of the shoot out between the Earps (led by lawman Wyatt) and the Clantons, but the depiction of the relationship between Wyatt (Burt Lancaster) and consumptive gamber Doc Holliday (Kirk Douglas) redeems it.

GENERAL

Behind the Music – Donna Summer
VH1 10.00pm

Many people remember Donna Summer only as the disco diva whose sexy vocals graced the high energy classic *I Feel Love*. But she was a versatile and soulful singer. This special boasts great live footage as well as interviews with the likes of producer Giorgio Moroder.

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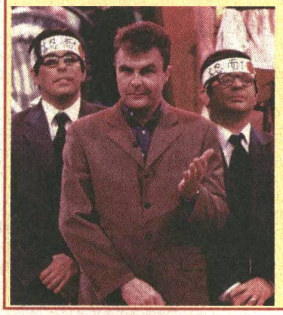


ENDURANCE UK 2
10.00PM

It's gutsy, gruelling and gruesome, and it's back ... yes, *Endurance UK 2* gathers the hardest birds and blokes in the country to find out how much they can stomach in a series of daring, disgusting challenges. Paul Ross hosts.

Sunday 25 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Swimming
10.00 Formula 3000
Coverage of the the FIA Formula 3000 International Championship from Spielberg, Austria.
11.00 Swimming
Action from the European Championships in Istanbul.
12noon Swimming – LIVE
Action from the European Championships in Istanbul.
1.00pm Cycling – LIVE
Coverage of the Tour de France from Arpajon, a new stage city on the Orge River. Today's stage is 160km in distance.

3.00 PM

4.00 PM

5.00 PM

5.00 Cycling
Coverage of the Tour de France.

6.00 PM

6.00 Swimming
Action from the European Championships in Istanbul, including synchronised swimming.
6.45
Champ Cars – LIVE
Action from the FedEx Championship Series in Michigan, USA.

7.00 PM

8.00 PM

9.00 PM

9.45
SportsCentre

10.00 PM

10.00 Swimming
Action from the European Championships in Istanbul. Including synchronised swimming.

11.00 PM

11.00 Tennis
Action from the ATP Tournament in Stuttgart.

12.00 NIGHT TIME

12midnight-12.30am
Boxing
Coverage of a top quality international boxing contest.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am
Australian Rules Football
8.00 Euro Tour Golf: TNT Dutch Open and Seniors British Open
10.00 Ford Golf USA: John Deere Classic
12noon Euro Tour Golf: TNT Dutch Open – LIVE
Hole-by-hole action from the fourth and final day's play in the TNT Dutch Open.

3.30pm Euro Tour Golf: Senior British Open – LIVE
Action from Portrush in Northern Ireland as European golf veterans' roll back the years at the Seniors British Open. Greats such as Tommy Horton and Bernard Gallacher could have a great chance of the title.

6.00
Sports Auction: Golf Memorabillia Preview
6.30 Wheelbase Club
Round-up of all the latest news from the dynamic world of British grass roots motorsport.
7.30
Super League – LIVE
JJB Sports Super League action featuring two more teams with championship ambitions. Presented by Eddie Hemmings and Mike Stephenson.

10.00
Cricket: England v New Zealand
Highlights from day four of the Lord's Test match between England and New Zealand.

12midnight Shooting: White Gold Clay Target Shooting
Action from the first round.
1.00am-4.00am World Wrestling Federation: Fully loaded – LIVE
Action from the World Wrestling Federation.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Watersports World
7.00 Aerobics Oz Style
7.30 Moto-Plus
8.00 Max Power
9.00
Soccer Extra: May Review
12noon Shooting: White Gold Clay Target Shooting
1.00pm Extreme Sailing
1.30 Gillette World Sport Special
2.00 Pool: World Pool Championship Semi-Finals – LIVE
The 1999 World Pool Championships reach the semi-final stage with coverage from the Cardiff International Arena. The final is now well and truly in sight and the greatest players in the game are looking to be the ones who claims the prize money and the plaudits.

5.30 Shooting: White Gold Clay Target Shooting
Action from the opening round of the competition.
6.30 Inside the Senior PGA Tour
A look behind the scenes at the legends of golf.
7.00 Pool: World Pool Championship Final – LIVE
The World Professional 9-ball Championship reaches its climax with frame-by-frame action from the final at the Cardiff International Arena. This tournament has the cream of the pool playing crop, including stars such as America's Earl 'the Pearl' Strickland, Germany's Ralf Souquet, Filipino legend Francisco Bustamante and English snooker legends Steve Davis, Jimmy White and Rocket Ronnie O'Sullivan.
10.30 European Drag Racing: Drag Racing
Action from Santa Pod Raceway.
11.00 Euro Tour Golf: TNT Dutch Open and Seniors British Open
Action from the fourth day's play in the TNT Dutch Open and the finish to the Senior British Open.
1.00am-3.00am Super League
Expect another try-scoring frenzy as two more teams clash in the JJB Sports Super League. Presented by Eddie Hemmings and Mike Stephenson.

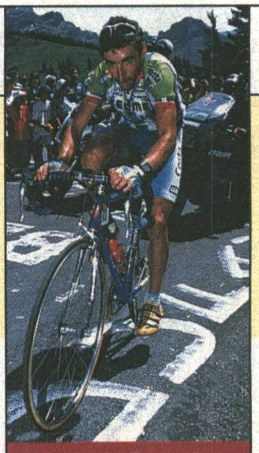
SKY SPORTS 3
PREMIUM CHANNEL

9.00am Major League Baseball: Houston Astros v San Diego Padres
12noon Motor Racing: Legends Cars
12.30pm
European Drag Racing
1.00 Wheelbase: Wheelbase Club
2.00
Australian Rules Football
Hard-hitting action.

4.00
Football Special: How the Premier League Was Won 98/99
A look back over the 1998/99 Premier League.
6.00 FA Cup Football: How the FA Cup Was Won 98/99
A look back at the FA Cup campaign from the 1998/99 season right up to the prestigious final.

7.30 European Drag Racing
Action from Santa Pod Raceway in the FIA Drag Racing Championship.
8.00 Ford Golf USA: John Deere Classic
Day four action from the John Deere Classic. There is a cool $2 million prize fund up for grabs at the Oakwood Country Club in Illinois. Steve Jones won the event by one stroke last year.

11.00 Fastrax
News, action and features on alternative sports.
11.30-12midnight Motor Racing: Legends Cars



Fernando Escartin hopes to head the field as the Tour de France reaches its climax. Eurosport 1.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
6.15
Season Snapshots
6.30 Red Legends
Stars from the past.
7.00 Super Match – Vintage Reds
Classic football, great to watch. Looking back at a vintage display, ageing like a fine wine.
8.00 Red Hot News
8.15 Super Match Shorts
8.30 Super Match
A classic slice of top footballing action from the home of Manchester, Old Trafford.
9.30 Red Hot Update
9.35 Super Match continued

10.30 Red Hot News
10.45 Super Match Shorts
The best of MUTV.
11.00 Fan File
A show for the fanatic.
11.30-12midnight Best of Masterfan
The hunt is on once more to find the fan who knows the most about United. Anthony Wilson puts the questions to the supporters who, hopefully, provide the answers.

SCI-FI
ACTION PACK

7.30am Buck Rogers in the 25th Century 8.30 Time Trax 9.30 Cybernet
10.00 The Six Million Dollar Man 11.00 Project UFO
12noon FILM: Atragon
Fantasy adventure based around the inhabitants of an ancient empire. *1963*
1.40pm Sci-Focus Special
2.00 Mystery Science Theatre 3000
The Undead
Pearl sends Roger Corman's 'The Undead' to torment Mike and the robots on the Satellite of Love.
3.45
Sci-Focus Special
4.00 Buck Rogers in the 25th Century
Awakening
Frozen for 500 years, Buck returns to earth aboard the Draconian flagship.
5.00 Time Trax
Lethal Weapons
An arms dealer is making 22nd century weapons and selling them to 20th century criminals.
6.00 Project UFO
The Camouflage Incident
When a UFO attacks three businessmen, one of them manages to successfully film the craft.
7.00 Max Headroom
Grossberg's Return
Grossberg blames Cheviot, Carter, Theora and Max for his problems and wants revenge.
8.00 PSI Factor – Chronicles of the Paranormal
Changó
A man with the ability to control a human heartbeat.
9.00 Space Precinct
Predator and Prey
A vampire-like entity returns to Demeter City, where it inhabits the body of a hard-bitten cop.
10.00 The Net
Kill the Buddha
Witnessing a friend's kidnapping and murder threatens to jeopardize Angela's anonymity.
11.00
Welcome to Paradox
Alien Jane
A disturbing new inmate arrives at the Betaville Rage Clinic.
12midnight The Crow: Stairway to Heaven
Give Me Death
Top Dollar escapes.
1.00am
The Six Million Dollar Man
Midas Touch
2.00 VR.5
3.00-4.00am
Dark Shadows

LIVE TOUR DE FRANCE EUROSPORT 1.00PM

Paris greets the remaining riders for the final stage of the Tour de France today. This year the riders will have travelled a massive 3,680 kilometres. The drugs fiasco of last year is still sharp in the memory, but don't expect it to affect riders determined to claim cycling's top prize. Among those expected to be racing along the Champs-Elysées in a Yellow Jersey could be 1997 winner Jan Ullrich and form riders Abraham Olano and Fernando Escartin.

ITV2
ACCESS PACK

9.25am Home and Away
11.15 Emmerdale Omnibus
This week's episodes.
12.35pm The Wombles
Animated adventures.
12.45 Sherlock Holmes in the 22nd Century
Animated sci-fi adventure.
12.55 CD UK
1.25 Extreme Ghostbusters
Animated adventures.
1.55 Pump it Up
Contenders tackle an assault course.

2.25 Snap
Slanging Rhyme
Ben's mum finds her son in big trouble at school.
2.40 Survival Special
3.40 In the Wild
A celebrity has to go back to nature.
4.40 Coronation Street
6.30 Who, What, Why?
7.00
Trevor McDonald Meets...
The popular newscaster talks to a wide range of guests.

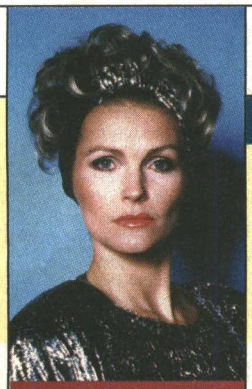
7.30 Wide Angle
Katie Derham looks at the week's news.
8.00 Soap Fever
Liza Tarbuck presents a show devoted to soaps.
9.00 The Ultimate Catch Up: Stalkers
10.00 SeaSaw
Stars David Suchet
12midnight Chequered Flag
1.00am Beach Volleyball
1.30-2.00am
Who, What, Why?

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10 Viewers' Wives
12.20 FILM: Striptease
1.00
The Five Minute Free View
1.05 FILM continues
1.30 FILM: Cape Sin
2.40 FILM: Deep Space 69
A bug causes chaos.
3.50-4.00am Krystina

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Sunday 25 July



Fiona Fullerton stars in the drama 'Hold the Dream'. Carlton Select 8.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Proposals 10.00 Bangers & Smash 10.30 Mis-Match of the Day 11.00 Boys' Toys 11.30 Lie Detector 12noon Fashion Show 12.30pm No Tomorrow 1.00 Agony Omnibus 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 UWA Wrestling Rampage
A feast for grapple fans, featuring all the ringside action from contests around the country.
4.30 Judge Judy
More domestic disputes are taken to the courtroom and adjudicated by Judge Judy Sheindlin, who takes no nonsense.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00 The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00 Bangers and Smash
Stock car racing action.
8.30 Mis-Match of the Day
Celebrity football challenge.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
Apocalyptic last wishes.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30 Strip Masterbrain
11.45 Painted Ladies
12midnight Compromising Situations 12.30am Private Dancer 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.15 Painted Ladies 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 A Taste of England 10.30 Food for Thought 11.00 Tastes of Britain 11.30 The Green Gourmet 12noon Food Network 12.30pm Aldo and Friends 1.00 Passion for Flavour 1.30 A to Z of Food and Beauty 2.00 Three Chefs 2.30 Food Network 3.00 Superchefs
David Chambers v Hywel Jones
3.30 An Umbrian Kitchen 4.00 Food from the Village 4.30-5.00pm Simply Baking
Andrew Nutter demonstrates how to bake old favourites.

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Irish Food
With Sarah Greene.
5.30 Get Smart
The Reluctant Redhead
6.00 I Spy
The Sixties drama series about a pair of laid-back US espionage agents. Starring Bill Cosby and Robert Culp.
7.00 The Upper Hand
Blind Date
7.30 Goodnight Sweetheart
...As You Wave Me Goodbye
8.00 Hold the Dream
Drama about a business woman who struggles to keep control of her empire. Stars Fiona Fullerton.
9.00 The Paradise Club
Family Favours
Drama series about two brothers who inherit a drinking den.
10.00 The Ruth Rendell Mysteries: A Sleeping Life
When a body is found on a towpath, a wallet is DCI Wexford's only lead.
11.00 Hill Street Blues
Hair of the Dog
Chief Daniels turns the precinct upside-down in a bid to find a dog.
12midnight I Spy
The Sixties drama series about a pair of laid-back US espionage agents.
1.00am-2.00am Soldier, Soldier
Shifting Sands
Stars Lena Headey.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
A woman complains that her dog has been stolen.
1.00 Hollywood Safari
War Games
2.00 Lassie
Pet Therapy
2.30 Lassie
Amazing Grace
3.00 Animal Doctor
Follow animal doctors from the RSPCA.
3.30 Animal Doctor
Helping those that can't ask for themselves.
4.00 Breed All About It
Jack Russell Terrier
4.30 Breed All About It
Boxer
5.00 All Bird TV
Avian Parenting
5.30 All Bird TV
Arizona Hummingbirds
A look at the way humans relate to birds.
6.00 Judge Wapner's Animal Court
A divorced couple both claim ownership of a dog.
6.30 Judge Wapner's Animal Court
7.00 Wild at Heart
Steve Templeton and the Bats of Australia
7.30 Wild At Heart
Olivier Behra and the Crocodiles
8.00 Pyrenees Wildlife
NEW An exploration of the diverse wildlife of the Pyrenees mountain range, such as lizards and birds.
9.00 Wild Thing
Trevor has to extricate a hungry python from its owner.
9.30 Wild Thing
The life of a animal handler.
10.00 The Creature of the Full Moon
Rare footage of the horseshoe crab a descendant of an extinct species.
11.00 Emergency Vets
A behind-the-scenes look at the work of a busy veterinary practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Einstein's Brain 8.05 Smallpox on Death Row 9.05 The First Americans 10.00 Kamikaze 11.00 Roman Way of War 12noon Your Life in Their Hands 1.00pm The Natural History of an Alien 2.00 Sea Trek 2.30 Sea Trek
3.00 Sea Trek
The Kelp Forests of California
3.30 Sea Trek
The Great Barrier Reef
A look at green turtles.
4.00 Sea Trek
The Hawaiian Islands
With Martha Holmes and Mike deGruy.
4.30 Otters – The Truth
5.00 Animal Hospital
With Rolf Harris.
5.30 BG Wildlife Photographer of the Year
Capturing a Wilderness
6.00 Tomorrow's World Plus
Peter Snow and Philippa Forrester present the show about the future of science and technology.
7.00 Disaster
Channel Tunnel
7.30 Meet the Ancestors
The Tomb that Time Forgot
Documentary.
8.00 The Human Body
An Everyday Miracle
Series focusing on the seven ages of existence, starting from pregnancy.
9.00 Full Circle with Michael Palin
Chile and Bolivia
On this leg of his trip, Palin sets foot on Cape Horn.
10.00 House Traders
Film examining the love-hate relationship between estate agents, their clients and the buyers.
11.05 Hollywood Kids
Exploring the dangerous side of Hollywood, and how guns and gangs play a large part in its culture.
12.05am-1.00am The OJ Simpson Trial

UK PLAY:
1.00am Lucas and Walliams in Rock Profile 1.30 Mark and Lard 2.00 Flatmates 2.30 Chris Moyles 3.00 Jamie Theakston 3.30 Funny Noise 3.45 The Phone Zone 5.30 The Sound of Play 6.00-7.00am Funny Noise

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden 7.00 View 7.50 Passions 8.00 Pet Show 8.30 Roddy Llewellyn 9.00 Montel Williams 10.00 Intimate Portrait 10.50 Passions 11.00 Julia Carling 11.30 Gardeners' Diary 12noon Rosemary Conley 12.30pm Gorgeous Gardens 1.00 Homes with Style 1.30 Velvet Ropes 2.00 View
3.00 The Pet Show
The ultimate guide to man's best friend.
3.30 Cook's Garden
Advice from gardening and culinary experts.
4.00 The Montel Williams Show
Sorry I Cheated On My Lover
Award-winning chat show from the US.
5.00 Intimate Portrait
Eve
Profile of the first woman mentioned in the Old Testament.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Avalanche!
Travel to Colorado with the survivors of deadly slopes.
7.30 Chami and Ana the Elephant
8.00 Climb Against the Odds
This is the heroic story of cancer survivors who climbed 20,320 feet to the summit of Mount McKinley.
9.00 Gorilla
A look at Dr Dian Fossey, who led the research that dispelled any notion that gorillas are murderous.
10.00 Monkeys of Hanuman
A visit to the arid sandstone cliffs of north-western India, a stronghold for langur monkeys.
11.00 The Survival Game
How evolution has equipped predators with an array of lethal weapons with which to catch prey.
12midnight Water Witches
Visit New England to meet the locals in need of water who often turn to Water Witches.
12.30am-1.00am Wolves of the Air
A look at the majestic hawk of the Sonoran Desert.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Strike it Lucky
With Michael Barrymore.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30 The Games Room
6.40 Candid Camera
7.15 The Games Room
7.25 Roll with It!
Hosted by Keith Chegwin.
7.55 The Crystal Maze
Adventure fantasy programme with an eclectic collection of games and challenges, both mental and physical. Hosted by Richard O'Brien.
9.00 The Games Room
9.15 Stars in Their Eyes
9.45 The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of trash in this brand new late-night quiz.
11.00 Celebrity TV Bloopers
The mistakes that the celebrities hoped you would never see, exposed in all their uncut glory.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Second Guess 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00 Freeview
10.05 FILM: Walnut Creek
11.30 Adult Stars Close-Up
12midnight Freeview
12.12am First Timers
12.35 Fräulein Debutantes
12.50 Andy Cam – Supermarket Sweep
1.15 FILM: Street Legal
2.25 FILM: Stargirl
3.45-4.00am Caught at Home

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MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
7.00 Spice Girls' Favourite Videos – Scary
8.00 Spice Girls' Favourite Videos – Baby
9.00 Bytesize MTV – Spice Girls Edition
10.00 Hit List UK
12noon News
12.30pm Essential Spice Girls
1.00 Total Request
2.00 Spice Girls' A-Z of Girl Power
3.30 UK Singled Out
4.00 Select MTV
6.00 News
6.30 Bytesize MTV – Spice Girls Edition
7.00 Spice Girls' A-Z of Girl Power
8.30 Essential Spice Girls
9.00 All Time Top 10 Spice Girls Videos
10.00 Say What??
10.30 MTV Live
11.00 brand:new
12midnight The Late Lick
1.00am Say What??
1.30 MTV Live
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Pop-Up Video 10.00 Something for the Weekend 12noon Hot Hits Weekend 1.30pm Ed Sullivan's Rock'n'Roll Classics 2.00 The Clare Grogan Show 3.00 Talk Music 3.30 VH1 to One: Blur 4.00 Hot Hits Weekend 8.00 The VH1 Album Chart Show 9.00 The Kate & Jono Show 10.00 Behind the Music: Donna Summer NEW 11.00 Around and Around 12midnight Soul Vibration 2.00am-6.00 VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Rough Guide to the World's Islands 8.30 How Does Your Garden Grow? 9.30 Geoff Hamilton 10.00 Garden Stories 10.30 Travels à la Carte 11.00 Antonio Carluccio's Italian Feast 11.30 Wine World 12noon A Taste of Africa 12.30pm Delia Smith's Summer Collection 1.00 Coast to Coast 1.30 Rough Guide to the World's Islands 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm The Arena 100 3.25 The First, The Last, My Everything 4.00 FILM: Mr Blandings Builds His Dream House
Cary Grant, Myrna Loy
Comedy. *1948*
5.45 Reviews You Can Use 6.00 The Arena 100 Debate 6.30 The Arena 100 – The Story So Far 9.30 The Arena 100 Debate 10.00-3.00am The Arena 100 – The Story So Far

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Sunday 25 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Global Gardens 6.30 Drive 7.00 Our House 7.30 Our House 8.00 This Old House 8.30 This Old House 9.00 Total Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt 10.30 Hometime 11.00 Hometime 11.29 The Home and Leisure House 11.30 The New Yankee Workshop 12noon It's Your Bid 12.30pm Drive 1.00 This Old House 1.30 This Old House 2.00 A River Somewhere 2.30 The Diceman USA 3.00-4.00pm Scrapheap

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM **4.00pm**
Wings of Tomorrow
Final Frontier
A look at the attempts at creating a new generation of spacecraft.

5.00 PM **5.00**
Extreme Machines
Fastest Man on Earth
Craig Breedlove talks about the attempt to break the land-speed record.

6.00 PM **6.00 Jurassica**
Valleys of the Uglies
Documentary series.
Some of the more bizarre discoveries from the world of palaeontology.

7.00 PM **7.00**
The Crocodile Hunter
Island in Time
A visit to Fraser Island, the largest sand island in the world.

8.00 PM **8.00**
History's Mysteries
The Ark of the Covenant
8.30
History's Mysteries
The Dead Sea Scrolls

9.00 PM **9.00 Blast Off**
Two-part documentary looking at the challenges that have been faced during the exploration of space.

10.00 PM **10.00 Blast Off**
Second-part of this documentary looking at progress into space, narrated by Hollywood actor Ed Harris.

11.00 PM **11.00**
Extreme Machines
Space Planes
An examination into what the future holds for reusable spacecraft.

12.00 **12midnight**
Discover Magazine
Science Detectives
Take a look behind the scenes at the cutting edge of crime-solving.
1.00am-2.00am
Justice Files
Adoption

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino 7.30 Looney 8.00 Powerpuff 8.30 Sylvester 9.00 Dexter's Lab 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Flintstones 12.30pm Looney Tunes 1.00-9.00pm **Episode One Weekend**
Special programming to commemorate the UK opening of *Star Wars Episode One: The Phantom Menace*

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 Jumanji 8.00 My Brother and Me 8.30 Renford Rejects 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Clarissa Explains it All 11.30 Clarissa Explains it All 12noon Sister Sister 12.30pm Kenan & Kel 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00
The Wild Thornberrys
Animal adventures.
3.30 Doug
A day in the life of the daydreaming kid.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
A day in the life of the daydreaming kid.
5.00 Sabrina The Teenage Witch
5.30 Sabrina The Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00am Sister Sister
Field Trip
7.30 Jenny
Comedy series.
8.00 Desmond's
Comedy based in a Peckham barbershop.
8.30 Mad About You
Billionaire
Paul gains an admirer.
9.00 Frasier
Our Father Whose Art Ain't Heaven
9.30 Frasier
Mixed Doubles
Niles regrets a decision.
10.00 Seinfeld
The Stranded
Elaine and Jerry are left stranded at a party.
10.30 Seinfeld
The Alternate Side
11.00
The Jack Dee Show
Stand-up comedy.
11.30 Vic Reeves Big Night Out
Also starring Bob Mortimer.
12midnight
Comedy Network 12.30am The People Vs Jerry Sadowitz 1.00 Morwenna Banks Show 1.30 Still in Bed with MeDinner 2.00 Mad for It 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Silver Surfer 7.15 Beetleborgs Metallix 7.40 Mortal Kombat 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Mad Jack the Pirate 11.30 The Secret Files of the Spy Dogs 12noon Goosebumps or Oggy and the Cockroaches 2.15pm Silver Surfer 2.40 Beetleborgs Metallix

3.05 Mortal Kombat
Follow the group of chosen warriors fighting against evil.
3.30 Summer X-Press
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00
Dennis and Gnasher
Dennis and Gnasher team up to take on adults.
5.30-7.00pm
FILM: Dennis
A feature-length movie adventure with young Dennis.

SHOP!
LIFESTYLE/ SELECTION PACKs

6.00am Shop! Selection
7.00 Bargain Shop!
Shopping on a budget.
7.30 Shop! Feature
Slimming special.
8.30 Home Office
Smart solutions for working at home.
9.30 Travel Bag
All you need for hassle-free holidays.
10.00 Home Style
Advice from a home style expert.
11.00 Do it Yourself
Discover which are the right tools for DIY .
12noon Jewellery Box
The best-selling jewellery from the past week.
1.00pm Bargain Shop!
Shopping on a budget.
1.30 On Screen
Great deals in home computing.
2.30 In the Garden
Gardening advice.
3.00 Sporting Brands
Leisure styles.
4.00 Branded!
Casual fashion.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Home Style
Bedroom accessories.
7.00-8.00pm
Sporting Brands

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 10.30 Science Review 11.10 Dateline London 12.30pm Face in the Crowd 1.00 News 2.30 Seven Days 3.00 News 3.30 Science Review 4.00 News 4.30 Newsround 24 7.30 Correspondent 8.30 Seven Days 9.00 News 9.30 Reporters 10.00 News 10.30 Dateline London 11.30 USA Direct 12midnight News 12.30am Simpson's World 2.30 USA Direct 3.30 Face in the Crowd 4.30 Dateline London 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Pinnacle 6.30 Business 7.30 Artclub 8.30 Sport 9.30 World Beat 10.30 Sport 11.30 Earth Matters 12.30pm License 1.00 Report 2.30 Europe 3.30 Sport 4.30 Showbiz 5.00 Late Edition 6.30 Business 7.30 Europe 8.30 Pinnacle 9.30 Insight 10.30 Sport 11.30 Style 12midnight World Today 12.45am Asia Business 1.30 Science & Technology 3.00 World Today 3.30 Artclub 4.30-5.00am NBA

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus: 6.00am Sunrise 9.30 Week in Review 10.00 Sunday with Adam Boulton 1.30pm Media Monthly 3.30 Book Show 4.30 Sunday with Adam Boulton 5.00 Live at Five 7.30 Sportsline 8.30 Media Monthly 9.30 Showbiz Weekly 11.30 Week in Review 1.30am Sunday with Adam Boulton 2.30 Fox Files 3.30 Book Show 4.30 Media Monthly 5.30-6.00am CBS Evening News

INTERNATIONAL

3SAT 5.50am 7 Tage Anders 5.55 Glaubenswelten 7.00 Alpenpanorama 8.00 Zeit 8.05 Lyrik 8.15 Bregenzer 1999 ORF 9.00 Literatur 9.55 Offen 10.00 Die Salzburger 11.30 Stichworte 12noon Zeit 12.05pm Wochenschau 12.30 Rückblende 2.25 Ex Voto 2.10 Die Trotzkis 3.00 HITEC 3.30 Höllenfahrten 4.15 Tierporträt 4.30 Teletips 5.00 Tagebuch 5.15 Rundschau 6.00 Heute 6.08 Wetter 6.10 Weite 7.00 Tagesschau 7.15 Leib und Seele 8.00 Schätze der Welt 8.15 Sonst Erblindet 9.00 Unterwegs als Sicherer Ort 10.30 Der Kommissar 11.30-12midnight Dennis Hopper

TV5 5.00am Journal 5.15 Journal des Journaux 6.00 Infos 6.05 Bus et Compagnie 7.00 Journal de Radio Canada 7.30 Zone X CTQC 8.00 Infos 8.05 Bus et Compagnie 9.00 Journal 9.15 Le Paradis des Autres 10.00 Infos 10.05 Thalassa 11.00 Infos 11.05 Francofolies 11.30 Journal France 12noon Infos 12.05pm Autour du Tour 1.00 Journal 1.15 Jeux sans Frontière 3.00 Journal 3.15 Questions 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 L'Histoire en Chantant 7.00 Journal Belge 7.30 Journal France et Le Journal du Temps 8.00 Infos 8.05 Journal du Tour 8.15 Résumé de l'Étape 9.00 Journal 9.15 Les Brouches 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am Sant Darshan 8.30 Bhakti Sagar 9.00 Satsang Sudha 9.30 Holy Qur'an 10.00 Jai Veer Hanuman 11.00 Dhur Ki Bani 11.30 Interactive Health Show 12.30pm Pakistan 1.00 Chand Ghazalien 1.30 FILM 4.00 BPL Oye 5.00 Daal Mein Kala 5.30 Kalapul 6.30 Aur Aap 7.00 Balcony 7.30 Chidi Ka Ghulam 8.00 Main Anari Tu Anari 8.30 FILM 11.30 News 12midnight Main Anari Tu Anari 12.30am Aur Aap 1.00 FILM 4.00 Indipop 4.30 Kalapul 5.30 Chidi Ka Ghulam 6.00 Chand Ghazalien 6.30 D.D. News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Kya Scene Hai 6.30 Shabads 7.00 Faith: Sikh 7.30 News 8.00 Namaste India 8.30 Best of India 9.00 Aap Ki Adalat 9.30 Out and About 10.00 Mahabharat 11.00 Tandoori Masala 11.30 Health Show 12noon FILM 3.00pm Sa Re Ga Ma 4.00 Zee and You 4.30 Dhoop Kinarey 5.30 Super 7 Muqabla 6.30 Adhikar 7.00 Antakshari 8.00 News 8.30 Neeyat 9.00 FILM 12midnight News 12.30am Karobari Duniya 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM 5.00 Song Yatra 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Chronicles of Revival 5.30 Abundant Life Today 6.00 Life in the Word 6.30 A Voice to the Nations 7.00 Changing Your World 7.30 Taking Authority 8.00 Winning Ways 8.30 Ray Bevan 9.00 Life is for Living 9.30 Charles Stanley 10.30-11.00am This is Your Day

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 2.19am Technology Report 4.24 Sports 5.45am Roundtable

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 11.00 Straight Talk 11.30 European Focus 12noon America This Week 3.00pm Scottish Lobby 3.30-12midnight House of Lords

THE HISTORY CHANNEL
WORLD PACK

12noon Spy in the Sky
1.00pm Biography
Che Guevara
Profile of the revolutionary.
2.00 Destiny of Empires
The Spanish American War – Part I
3.00 Destiny of Empires
The Spanish American War – Part II
4.00 Ernest Hemingway
Profile of the author of *For Whom the Bell Tolls*
6.00 The Bay of Pigs
7.00 Biography
Fidel Castro
Profile of the dictator.
8.00 Biography
Pamela Harriman
Explore the six lives led by the opportunist Pamela Harriman.
9.00-10.00pm
Curse of the Goddess Pele
The volcanic eruptions which created the Hawaiian islands.

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

All you need is an item number to order from QVC. Call free phone on 0800-50-40-30 at any time. Today's highlights are DIY with Harry Greene at 10.00am and Peridot Birthstone at 9.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

BLONDE AMBITION

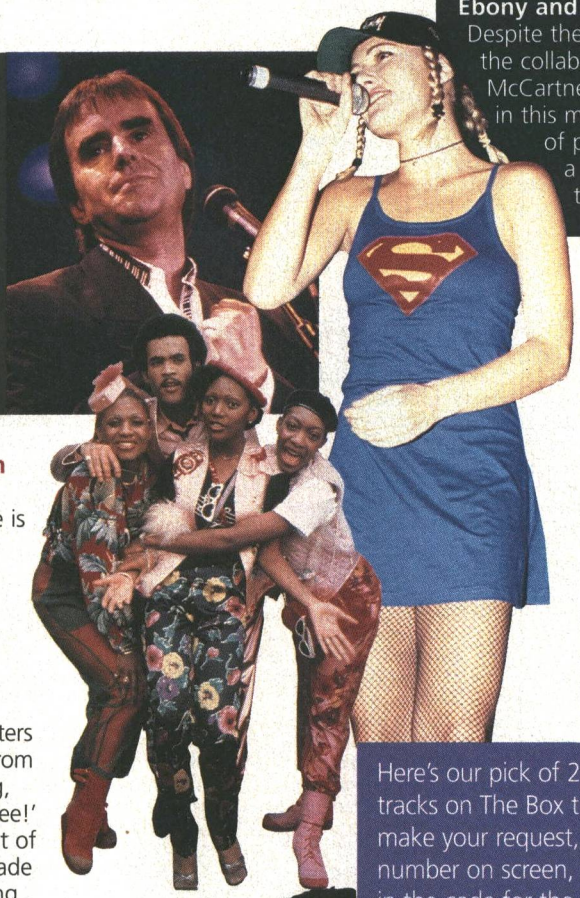
Birthday greetings on 1 July to the woman who put the blonde into Blondie. Hard to believe that blonde punk icon Debbie Harry is 54 years old and to celebrate, VH1 have assembled a team of peroxide wonders and devoted 24 hours to the best of the blondes. Among the blonde line up are Ms Harry herself, Madonna, Caprice; among the blonds are Rod Stewart, The Police and teen sensations Hanson. Kicking off will be *Peroxide Breakfast* at 6.00am followed by round-the-clock blonde coverage with in-depth interviews, live performances, videos, juicy gossip and much much more ... Perhaps proving the cliché that blondes have more fun.

Retro fever

As the decade enters its final few months, VH1 go all retrospective on us with their *Number Ones Weekend* (31st July–1st August). The two-day music fest, which promises to be a cracker, features some of the biggest and best Number 1 singles as well as Number 1 albums of all time. To mark the event we've compiled our own list of alternative hits (also known as Songs That Drove Us Mad Over the Years). The list traverses the last three decades – all songs alarmingly hit the Number 1 spot and loitered there for what seemed like an eternity ...

Ebony and Ivory 1987
Despite the worthy sentiments, the collaboration of Paul McCartney and Stevie Wonder in this most patronising piece of pop pap proved to be a low point in both of their careers.

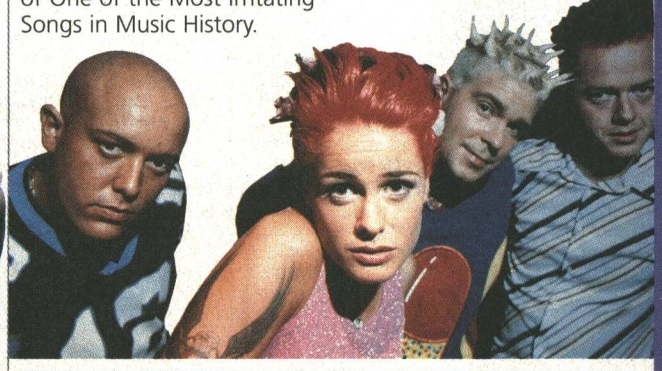
Lady in Red 1986
Chris de Burgh's soggy ballad is the ultimate lurve cliché wheeled out with regularity at weddings. Not only is the song nauseating, but so is the sight of de Burgh with his comedy eyebrows mooning over the mike trying to look appealing.



Saturday Night 1995
Whigfield, the frothy Danish-born popster, made British music history by being the first new artist to go in at Number 1 with her debut single *Saturday Night* – the happy, clappy and sadly unforgettable disco anthem.

Rivers of Babylon/Brown Girl in the Ring 1978
Hard and painful to believe is how huge the Euro-disco quartet Boney M really were. This song was a gargantuan hit and hung around the charts for an interminable 40 weeks.

Barbie Girl 1997 Europopsters Aqua won global acclaim from herds of tiny tots squealing, 'C'mon Barbie let's go pardee!' Great for kids, but for most of us, it's worthy of the accolade of One of the Most Irritating Songs in Music History.



Here's our pick of 20 of the hottest tracks on The Box this month. To make your request, dial the number on screen, then key in the code for the video of your choice

THE BOX MUSIC TELEVISION YOU CONTROL

Tearin' Up My Heart (354)	N-Sync
Vive la Radio (427)	Lolly
Everybody's Free (349)	Baz Luhrmann
Breathe Again (141)	Adam Rickitt
My Love Is Your Love (129)	Whitney Houston
Going Out (126)	Younger Younger 28s
Be the First to Believe (951)	a1
The Animal Song (133)	Savage Garden
Livin' La Vida Loca (303)	Ricky Martin
Sometimes (430)	Britney Spears
Duel of the Fates (148)	LSO & John Williams
Bring It All Back (777)	S Club-7
Beautiful Stranger (140)	Madonna
Better Days (244)	TQ
Everytime (310)	Tatyana Ali
Get Ready (488)	Mase
Treat Her Like a Lady (214)	Celine Dion
Pink (204)	Aerosmith
Wild Wild West (118)	Will Smith
Insane in the Brain (169)	Jason Nevins vs Cypress Hill

PHOTOS: REDFERNS, RETNA, CHRYSALIS

ONES TO WATCH ... *Alternative Nation – Manic Street Preachers Special* pays tribute to Wales's finest alternative rock outfit in a series of videos, interviews and news stories. It goes without saying that The Manics have had a turbulent history – exemplified by the inexplicable disappearance of Richey Edwards in the greatest rock 'n' roll mystery of all time (premieres Tuesday 6th, 12midnight) ... Bristol bad boys Massive Attack caused a storm at the MTV awards in 1998 with their rebuff to Fergie, but we still love 'em! Tune into MTV's *Massive Attack Night* (Thursday 8th 12midnight) and enjoy a live performance and video tribute to this extraordinarily talented outfit.

Monday 26 July

SKY PREMIER
PREMIUM CHANNEL

MORNING

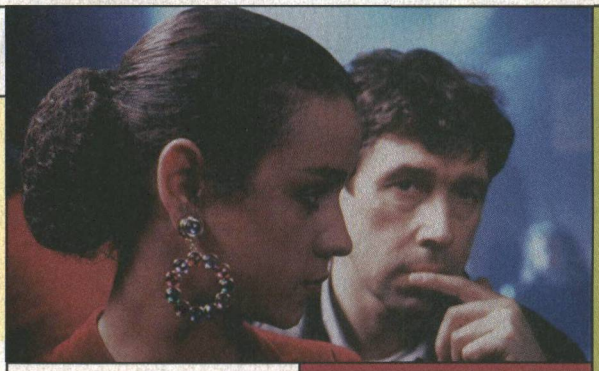
6.00am Back to the Future Part II
1989, rating Sky PG, DS, 104 mins
8.00 Supergirl
1984, rating Sky PG, DS,119 mins
10.05 Harriet the Spy
Michelle Trachtenberg Text
1996, rating Sky PG, DS, 97 mins
12noon House Arrest
Jamie Lee Curtis, Kevin Pollack
1996, rating Sky PG, 104 mins
2.00pm Back to the Future Part II
Michael J Fox, Christopher Lloyd, Lea Thompson, Elisabeth Shue
1989, rating Sky PG, DS, 104 mins

3.50 Harriet the Spy
Michelle Trachtenberg, Vanessa Lee Chester, Gregory Smith
Adventure. A curious 11-year-old, who wants to be a famous writer, notes down everything that happens in her life. But when the book falls into the hands of her classmates, she finds her spying activities coming under scrutiny from her best friends. Text *1996, rating Sky PG, DS, 97 mins*
5.35 House Arrest
Jamie Lee Curtis, Kevin Pollack, Jennifer Love Hewitt
Two warring parents are locked in their basement by their children and told that they cannot come out until they have sorted out their differences. When the children's friends find out what has happened, they are so impressed that they lure their own parents to the house – and they are all placed under arrest.
1996, rating Sky PG, 104 mins
7.30
Barry Norman's Film Night
8.00 That Old Feeling
Bette Midler, Dennis Farina, Paula Marshall, Gail O'Grady
Romantic comedy about a middle-aged couple who have been divorced for 12 years. When their daughter decides to get married, the pair are brought together again and soon pick things up where they left off – at each other's throats. *1997, rating Sky 12, 101 mins*
10.00 Metro
Eddie Murphy, Michael Wincott, Carmen Ejogo, Kim Miyori
Action thriller. A fast-talking San Francisco Police negotiator is hunting for the man who killed his mentor, even after being taken off the case. At the same time he has a new partner, and he is trying to win back his beautiful girlfriend. Text
1997, rating Sky 18, 113 mins
12midnight Backdraft
Kurt Russell, William Baldwin
Fire-fighting drama. *1991, rating Sky 15, 131 mins*
2.20am Addicted to Love
Text *1997, rating Sky 15, 96 mins*
4.00-5.00am
The Directors: The Films of Jim Abrahams & David Zucker

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Man of Miracles
1998, rating Sky PG, 91 mins
9.00 Cab to Canada
Maureen O'Hara, Jason Beghe
1998, rating Sky PG, 86 mins
11.00 Two Much
Melanie Griffith, Antonio Banderas
Text *1996, rating Sky PG, 113 mins*
1.00pm Outside Chance of Maximilian Glick
Saul Rubinek, Jan Rubes
1988, rating Sky PG, 92 mins

3.00 Man of Miracles
John Ritter, Meredith Baxter, David Tom, Linda Purl
Family drama. A disillusioned priest has his life miraculously changed after he rescues a boy from a burning building with the help of a mysterious figure. Following the rescues he begins once again to reasses his beliefs and tries to find some answers.
1998, rating Sky PG, 91 mins
5.00 Cab to Canada
Maureen O'Hara, Jason Beghe, Catherine Bell,
Drama based on a true story about an elderly woman who hires a cab to take her to a funeral but convinces the driver to take her over 3,000 miles to Vancouver. Although he is initially concerned, the two forge an unlikely friendship. *1998, rating Sky PG, 86 mins*
7.00 Two Much
Melanie Griffith, Antonio Banderas, Daryl Hannah
Screwball comedy. A deceitful art dealer's habit of conning widows into buying expensive art works brings him into contact with the widow of a mafia boss. She sees him as the perfect husband but, when he meets her sister, chaos ensues. Text *1996, rating Sky PG, 113 mins*
9.00 Target Earth
Christopher Meloni, Marcia Cross, Dabney Coleman
Sci-fi adventure. A group of former alien abductees organise themselves into a force to fight against an army of other abductees who have been programmed to take over the world on behalf of their new alien masters. Text *1997, rating Sky 12, DS, 88 mins*
11.00 Navy SEALS
Michael Biehn, Charlie Sheen, Joanne Whalley-Kilmer
Action. The US Navy's commandos are on a mission.
1990, rating Sky 15, DS, 109 mins
1.00am One Hot Summer Night
1997, rating Sky 12, 85 mins
2.30 Any Place But Home
1996, rating Sky 12, 88 mins
4.00 Shadow Zone: The Undead Express
1996, rating Sky 15, 94 mins
5.40-7.15am Outside Chance of Maximilian Glick
1988, rating Sky PG, 92 mins



Jaye Davidson mesmerizes Stephen Rea in the Oscar-winning thriller 'The Crying Game'. FilmFour 12.05am

SKY CINEMA
PREMIUM CHANNEL

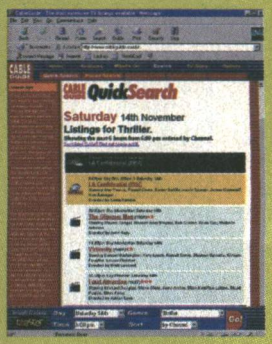
4.00pm Three Faces West
John Wayne, Charles Coburn, Roland Varno, Sigrid Gurie
World War II drama. The arrival of a group of Austrian Jewish refugees in a small town in the United States proves to be beneficial for the locals. However, the daughter of one refugee faces a romantic dilemma when she falls in love with an American.
1940, rating Sky U, 75 mins
6.00 Promise Her Anything
Warren Beatty, Leslie Caron, Lionel Stander, Bob Cummings
Romantic comedy. A director of adult films agrees to look after the baby of a recently widowed female friend, upon whom he has set his sights. She has her own ideas about what would make an ideal husband, and has targeted a psychologist. *1966, rating Sky PG, 93 mins*
8.00 Harper
Paul Newman, Lauren Bacall, Shelley Winters, Robert Wagner
Mystery thriller. A detective is hired to find a woman's missing husband, although he is reluctant to take the case because he knows he is putting his marriage under strain. However, when he starts the investigation he finds himself falling for her. *1966, rating Sky 15, 116 mins*
10.00
The Boston Strangler
Tony Curtis, Henry Fonda, George Kennedy, Mike Kelin
Half documentary and half drama, the film follows the rise to prominence, manhunt, capture and subsequent interrogation and prosecution of one of America's most notorious killers.
1968, rating Sky 18, 111 mins
11.55 Three Faces West
John Wayne, Charles Coburn
1940, rating Sky U, 75 mins
1.15am The Lion in Winter
Katharine Hepburn, Peter O'Toole
1968, rating Sky 15, 129 mins
3.30-4.50am
The Secret of Convict Lake
Glenn Ford, Gene Tierney
1951, rating Sky PG, 80 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm White Heat
James Cagney, Edmund O'Brien, Virginia Mayo
Crime drama charting the rise and fall of a psychopathic gangster who is unaware that his gang is plotting to push him into one final confrontation, goaded by a cop who wants to put him away for life. The film's ending, with the lines 'Made it, ma! Top of the world!', has passed into film legend. *1949, 109 mins*
11.15 The Last Voyage
Robert Stack, Dorothy Malone, Edmond O'Brien, Woody Strode
Adventure drama on the high seas, as a luxury liner sinks slowly after a fire in the boiler room. *1960, 92 mins*
1.15am Shaft in Africa
Richard Roundtree, Frank Finlay, Vonetta McGee, Neda Arneric
Private eye John Shaft leaves New York for Africa. *1973, 112 mins*
3.00-5.00am White Heat
James Cagney, Edmund O'Brien
Crime drama. *1949, 109mins*



WANT TO KNOW WHICH JAMIE LEE CURTIS FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm The Lost World
Claude Rains, Michael Rennie, Jill St John, Richard Haydn
Film adaptation of Conan Doyle's no-holds-barred adventure yarn. A scientist leads an expedition into the depths of the Amazon, wherein dinosaurs, cannibals, giant insects and a variety of other wildlife abound, all of them determined to kill the explorers.
1960, 99 mins
8.00 Mary Shelley's Frankenstein
Kenneth Branagh, Robert De Niro, Helena Bonham Carter
Faithful adaptation of Mary Shelly's novel. A scientist creates a monster from human body parts. After being rejected by his creator, the monster turns murderous and proceeds to destroy all that Frankenstein loves. *1994, 118 mins*
10.05 A Further Gesture
Stephen Rea, Alfred Molina, Rosana Pastor, Jorge Sanz
An escapee from the H-Blocks flees to New York and makes friends with a couple of Guatemalan refugees. But as he gets to know them and learns the real reason behind their presence in America, he faces a dilemma. *1997, 97 mins*
11.50 Wired
12.05am The Crying Game
Stephen Rea, Jaye Davidson
Acclaimed thriller. *1992, 105mins*
1.50 In My Dreams
2.00 Cal
John Lynch, Helen Mirren
Irish troubles drama. *1984, 99 mins*
3.40 Boys and Men
4.25-6.00am Sleeper
Time travel slapstick. *1973, 84 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen.
1998, Sky PG, 83 mins
PLAYS AT 6.30am, 8.00am, 9.30am and 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorised once more. Stars Neve Campbell.
1998, Sky 18, 115 mins
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt.
1997, Sky PG, 124 mins
PLAYS AT 7.30am, 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta.
1997, Sky 12, 110 mins
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Monday 26 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends 7.30 Games World 7.45 Games World 8.00 The Simpsons Text 8.30 Pokémon 9.00 Godzilla 9.30 Shadow Raiders 10.00 Xena: Warrior Princess Text 11.00 Feature 11.30 The Nanny Text 12noon Newlywed Game 12.30pm Hollywood Squares 1.00 The Oprah Winfrey Show 2.00 Sally Jessy Raphael

3.00 Jenny Jones
Girl You've Gone Too Far, You Should Leave Those Clothes at the Bar
Women are asked to dress in a more conservative fashion.
4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
Nor The Battle to the Strong
Trapped on a planet under Klingon attack, Jake Sisko panics in the heat of battle. Text
6.00 Dream Team
6.30 Friends
The One With The Thumb
The group loves Monica's new boyfriend and Chandler is back on the cigarettes. Text
7.00 The Simpsons
Marge Be Not Proud Text
7.30 The Simpsons
Make Room For Lisa
Lisa shows signs of stress when she is told to share a room. Text
8.00 Star Trek: Voyager
Bliss
The sudden appearance of a wormhole leading to the Alpha Quadrant excites the crew as this offers a chance to return to Earth.
9.00 Brimstone
Ashes
While becoming more attracted to a sexy police detective, Stone faces his most powerful adversary yet.
10.00 Prickly Heat
The Scots and Welsh find interesting ways to remove lard from their nether regions and the English learn to kiss with their mouths full .
11.00 Friends
The One with the Thumb Text
11.30 Star Trek: Deep Space Nine
Nor the Battle to the Strong
Science fiction drama. Text
12.30am The Chris Evans Breakfast Show
1.30 Law and Order
Nurture
Briscoe and Logan investigate the disappearance of a young girl.
2.30-7.00am Long Play
A variety of music all night long!

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas 2.55 The Bill
Mix and Match

3.25 The Bill
Dealer Wins
Action from Sun Hill.
3.55 EastEnders
Dot fears the launderette has been broken into. Clyde and Hattie are sure Lloyd is up to no good.
4.30 Neighbours
Cathy finds out the real reason Benito doesn't want a baby.

5.00 Dynasty
The Rescue
Alexis fears the worst when she finds Amanda unconscious next to an empty bottle of pills. With Joan Collins.
6.00 Bugs
Shotgun Wedding
The Bugs team of Ed, Ros and Beckett step in to protect beautiful Italian politician Anna Fabrizi.
7.00
Last of the Summer Wine
Green Fingers
Comic adventures with the three old men of the Pennines.
7.40 Dad's Army
Big Parade
Captain Mainwaring and the air-raid warden.
8.20 The Brittas Empire Christmas Special
Surviving Christmas
9.00 Casualty
Love Me Tender
Medical drama series set in the fictional Holby City Hospital's emergency department. With Derek Thompson.
10.05 Just Good Friends
Penny thinks Vince is taking her for granted and decides to teach him a lesson. With Paul Nicholas.
10.45
Only Fools and Horses
Mother Nature's Son
It's happy families in the Trotter households. Del has become a landowner and decided that he, Raquel and Damien can enhance the lifestyle of the family by going green.
12.15am The Bill
Mix and Match
12.45 The Bill
Dealer Wins
1.15 Shooting Stars
With Vic Reeves and Bob Mortimer.
1.50-2.30am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Magazine programme.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away
Drama from the Summer Bay area in Australia.

5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests must choose between looks and personality.
6.00
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in discussion.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests engage in discussion.
8.30 Charmed
Popular US drama series in which three sisters who move into a San Francisco house left to them by their grandmother – only to find they have inherited her powers of witchcraft as well. Starring Shannen Doherty, Holly Marie Combs and Alyssa Milano.

10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show.
11.30-12midnight Passion
Steamy tales of passion and romance in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
Date Rape
Cagney and Lacey are assigned the case of Carole Mitchell, a rape victim who was attacked in her apartment.
4.00 Minder
Not a Bad Lad, Dad
Terry returns home to find a nine-year-old boy waiting outside his flat. Why has his mother left him and is Terry the father?
5.00 Charlie's Angels
Disco Angels
A killer is loose who has strangled several elderly, disadvantaged men in the vicinity of a shoreside disco.
6.00 Emmerdale
Elizabeth's in for a surprise when she receives a gift.
6.30 Coronation Street
Hilda makes plans to spend her inheritance.
7.00 Rising Damp
A Body Like Mine
Ruth's admiration for a manly figure hasn't gone un-noticed.
7.30 The Two of Us
Comparisons
8.00 Minder
Not A Bad Lad, Dad
Terry returns home to find a nine-year-old boy waiting outside his flat. Why has his mother left him and is Terry the father?
9.00 Cagney and Lacey
Date Rape
Cagney and Lacey are assigned the case of a rape victim who was attacked in her apartment.
10.00-11.00pm
Tommy Cooper

GRANADA MEN & MOTORS
ACTION PACK

11.00 Car Crazy
Cheshire
Hosted by Jeanette Lanz-Bergin.
11.30 Car File
Vauxhall Zafira Motoring series devoted to one vehicle.
12midnight 2 Wheels
Weekly biking magazine programme, presented by Jeff Stone, Paul Johnston and Wayne Kershaw.
12.30am Motor Week
A look at the motoring industry.
1.00 Through the Gears
1.30-2.00am 4 Wheels

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

Incredible Adventure Weekend: 6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toons 1.30 FILM: Herbie Goes to Monte Carlo *1977*

3.00 The Little Mermaid
The charming undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack Text
Innovative art programme.
4.00 101 Dalmatians Text
More canine capers and daring doggy deeds.
4.30
Hercules: The TV Show
Hercules and the Falling Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson Text
Hurricane Jules
Cartoon action.
6.00 Smart Guy
TJ's a smart kid who's been moved into the tenth grade Text
6.30 Boy Meets World
Eric Hollywood
Eric thinks he has a talent. Text
7.00 FILM: Rocketman
Harland Williams, Don Luke
When the U.S.'s manned space mission to Mars is suddenly one man short, the only choice for a replacement is either a travelsick astronaut or an accident-prone systems designer. *1997*
8.30 Honey, I Shrunk the Kids: TV Show
Honey, I'm Haunted
Using his dad's latest invention, Nick gets enhanced vision.
9.10 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.35 Bone Chillers Text
Humorous fright fest.
10.00 Home Improvement
A House Divided Text
10.30 Flipper Text
11.15 Eyewitness Text
11.50-12midnight Toons

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

MONDAY CONTINUES OVERLEAF...

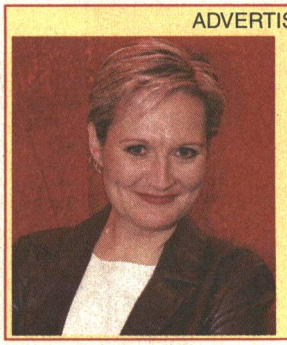
6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM
The Boston Strangler
Sky Cinema 10.00pm
The gimmicky, split-screen, multiple-point-of-view technique it occasionally draws upon dates this police procedural from 1968, but its fine performances (especially by a brilliantly cast-against-type Tony Curtis as the eponymous killer) and its gritty tone still stand up.

GENERAL
The Nanny
Sky One 11.30am
Her grating New York accent might turn some people off, but Fran Drescher is delightful in this curiously old-fashioned sitcom, getting another airing. In tonight's pilot, make-up saleswoman Fran is inadvertantly hired as nanny to the three troublesome kids of a wealthy producer.

ADVERTISEMENT



living

SEXTASY 10.30PM
Things hot up on Living when Katrina Buchanan and her guests chat about some of their more intimate secrets. Don't miss the hot tips in the self-help action *DIY Sex*, or the erotic readings in *A Book at Bedtime* with a difference.

Monday 26 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM – MORNING

7.30am Swimming – LIVE
European Championships in Istanbul, Turkey.
9.30 Golf
Ladies European Tour – Austrian Open in Murhof.
10.30 Swimming – LIVE
12.45pm Champ Cars
FedEx Championship Series in Michigan, USA.
1.45 Swimming
2.45 Swimming – LIVE
European Championships in Istanbul, Turkey.

3.00 PM

4.15 Swimming
European Championships in Istanbul, Turkey.

5.00 PM

5.15 Football – LIVE
The final of the European Under-18 Championship, held in Sweden.

6.00 PM

7.00 Athletics – LIVE
Coverage of the IAAF Grand Prix II in Linz, Austria. The stadium/meeting records were set by prestigious athletes such as Gwen Torrence, Merlene Ottey, Ana Fidelia Quirot and Davidson Ezinwa.

8.00 PM

9.00 Boxing
Coverage of a recent international contest.

10.00 PM

10.00 Swimming
Action from the European Championships in Istanbul.

11.00 PM

11.00 YOZ Mag
Coverage of youth-orientated street sports.

12.00 – NIGHT TIME

12midnight-12.30am Motocross
World Championship in Jinin, Czech Republic.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Max Power
8.00 Gillette World Sport Special
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Netbusters: Premier League
10.00 Australian Rules Football
12noon Aerobics Oz Style
12.30pm Super League
2.30 Totalsport

3.00 Ford Golf USA: John Deere Classic
Day four action from the John Deere Classic. There is a cool $2million prize fund up for grabs at the Oakwood Country Club in Illinois. Steve Jones won the event by one stroke last year.
Repeat from Sky Sports 2.

6.00 Sky Sports Centre
Catch up with the latest news and views.
6.30 Netbusters: Premier League

7.00 Sporting Auction: Golf Memorabilia Auction – LIVE
Coverage of another Sporting Memorabilia Auction – this time featuring much sought-after treasures from the world of golf.
8.30 World Wrestling Federation – Fully Loaded
Explosive highlights from the action-packed World Wrestling Federation, featuring the likes of Stone Cold Steve Austin and The Undertaker.

11.30 Sky Sports Centre
Catch up with the latest news and views.
11.45 International Bowls: Australia v New Zealand 3rd Test
1.45am Cricket: England v New Zealand: 2nd Test
3.45-4.00am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Racing News
8.00 Ford Golf USA: John Deere Classic
11.00 Euro Tour Golf: TNT Dutch Open and Seniors British Open
1.00pm Darts: World Matchplay – LIVE
Action from the first day's play in the 1999 PDC World Matchplay. The world's top 32 darts players meet at the Winter Gardens in Blackpool for another week of exhilarating oche action. Jeff Stelling presents all the action with exuberant commentary from the inimitable Sid Waddell.

5.00 Asian Sports Show
Action from Asia, the Middle East and North Africa.
5.30 Netbusters: Premier League
6.00 V-Max
The world of speed on land, water and in the air.
6.30 Totalsport
The programme for all sides of the sporting world.
7.00 Darts: World Matchplay – LIVE
Jeff Stelling presents further action from day one in the PDC World Matchplay. The Winter Gardens in Blackpool welcome the world's top 32 players, including defending champion and world number one, Rod Harrington. Commentary is from Sid Waddell.

11.00 World Motor Sport
Action from the race world and an essential guide to who is racing where, when and how.

2.00am Xtreme: Rebel Sports
2.30 Xtreme: Wild Spirits
3.00 Totalsport
3.30 Asian Sports Show
4.00-4.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

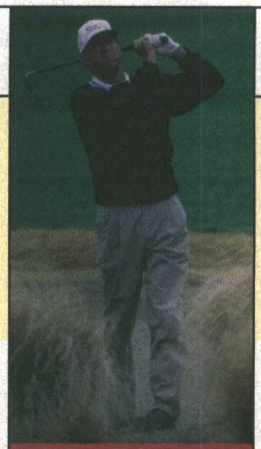
12noon World Motor Sport
Action from the race world and an essential guide to who is racing where, when and how. Plus a comprehensive round-up of the biggest and most exciting meetings, and a preview of the major events in store.

3.00pm International Bowls: 3rd Test Australia v New Zealand
Classic action from the Third Test match between bitter rivals Australia and New Zealand.

5.00 Xtreme: Rebel Sports
Wild and mad-cap series not for the faint-hearted.
5.30 Xtreme: Wild Spirits
6.00 The Winning Post: Windsor/ Yarmouth – LIVE
Jeff Stelling presents more live horse racing action with the meetings at Windsor and Yarmouth.

8.30 Cricket: England v New Zealand 2nd Test
Highlights from the second Test match at Lord's between England and New Zealand. Can Alec Stewart's men get a grip on the series against the dangerous Kiwis?

10.30-11.30pm Shell's Wonderful World of Golf
Take a stroll down memory lane and witness some memorable golfing moments from the fairways.



Current champion Steve Jones aims to retain his crown at the $2m John Deere Classic.
Sky Sports 2 8.00am

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
The latest developments from Old Trafford.
6.30 Junior Masterfan
Fast-paced quiz show.
7.00 United in Press
Journalists and fans debate the latest developments from one of the world's biggest clubs.

8.00 Red Hot News
All the latest developments from Old Trafford.
8.30 Super Match – Premier Classic
A classic contest from the archives is dusted down for your viewing pleasure.
9.30 Red Hot Update
9.35 Super Match – Premier Classic continued
A classic contest from the archives is dusted down for your viewing pleasure.
10.30 Red Hot News
The latest developments from Old Trafford.
11.00-12midnight Mad About United
United fans from across the nation discuss the latest news and reasons why they love the Reds.

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television
8.00 The Incredible Hulk
9.00 Battlestar Galactica
10.00 Sightings
11.00 Dark Shadows
11.30 New Alfred Hitchcock
12noon Twilight Zone
12.30pm Twilight Zone
1.00 The Six Million Dollar Man
2.00 Amazing Stories
2.30 Mysteries, Magic and Miracles

3.00 Battlestar Galactica
The Super Scouts
A Galactican shuttle-craft filled with children is attacked by the Cylons.

4.00 The Incredible Hulk
Prometheus
David Banner tries to reverse the effects of an experiment.

5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 Cybernet
A look at what's new in the world of computer games.
6.30 New Alfred Hitchcock
The Initiation

7.00 The Six Million Dollar Man
U-509
An extortionist threatens to release nerve gas along the Eastern Seaboard.

8.00 Time Trax
Treasure of the Ages
Darien must arrest a fugitive during the worst hurricane the Florida Keys will see.

9.00 Twin Peaks
Cooper's 'white glove' test yields a clue. Deputy Andy and Dick Tremayne confront concerns over litle Nick's past.

10.00 FILM: Retroactive
James Belushi, M Emmet Walsh, Kylie Travis
Thriller. When a young woman witnesses a series of brutal murders, she unlocks an incredible secret that can send her back in time. *1997*
11.40 Sci-Focus Special
12midnight VR.5
Simon's Choice
1.00am FILM: Escape Velocity
Patrick Bergin
Sci-fi. A team of astrophysicists intercept a derelict life-pod. *1998*
3.00-4.00am Dark Shadows

FORD GOLF USA: JOHN DEERE CLASSIC
SKY SPORTS 2 8.00AM

It's time for more action from the US PGA Tour, where the former US Open winner, back in 1996, Steve Jones defends his title at the $2m John Deere Classic, held at the Oakwood Country Club in Coal Valley, Illinois. Jones, a golfer with one of the most awkward swings in pro golf, is aiming for a Ryder Cup debut this year, something which will help erase the feeling that his one major win was just a fluke. A win here could be enough to make the team.

ITV2
ACCESS PACK

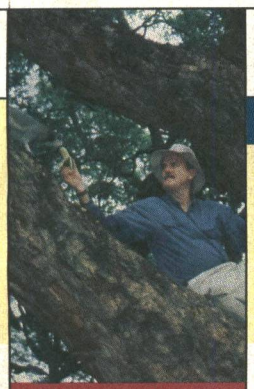
4.00pm Trisha
Trisha Goddard shares heartwarming true stories with a studio audience.
5.05 Give Your Mate a Break
6.00 The Worst Witch
The Heat Is On
When Mildred and her classmates succumb to the summer heat, Miss Cackle instigates a project involving cool drinks.
6.30 Life's a Beach
8.30 Sport Zone: NBA Jam
Magazine for basketball fans, featuring the stars of the NBA on and off the pitch.
9.00 Unmissable ITV: My Wonderful Life
Moving On
The life and loves of a nurse.
9.30 Mr and Mrs with Julian Clary
A new version of the classic married couples gameshow.
10.00 Barbara
10.30 Days like These
Seventies sitcom.
11.00 Coronation Street
Back-to-back episodes.
12midnight Late Zone: Bedrock
An hour of fun with celebrity guests, music, bedroom webcams, and e-mail activity.
1.00am-2.00am Chequered Flag
Motorsport magazine.

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10 Eastern Nights
12.20 Adult Feature
12.45 FILM: Adult Feature
1.00 Five Minute Free View
1.05 FILM continues
2.00 Adult Feature
2.25 FILM: Visions of Christy
3.40-4.00am Cinema Sex

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Monday 26 July



A childhood love of these animals sees John Cleese join 'Operation Lemur'. UK Horizons 9.00pm

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation L!VE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do on their last day on earth.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high-speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults-only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Network Daily 9.30 Coxon's Kitchen College 10.00 Perfect Pasta with Aldo Zilli 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 The Green Gourmet 12noon Network Daily 12.30pm Japaneasy 1.00 Coxon's Kitchen College 1.30 Tessa's Tastebuds 2.00 Ross on the Range 2.30 Food Network Daily 3.00 The Spice Trail 3.30 Vin Ordinaire 4.00 Three Chefs in the Cape 4.30-5.00pm Food from the Village

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Catering Regulations
With Sarah Greene.
5.30 Get Smart
Die, Spy
6.00 I Spy
Oedipus at Colonus
The duo seek out a religious revolutionary but are taken captive. Starring Bill Cosby.
7.00 Boon
Help Me Make it through the Night
The owner of a dairy hires Ken to check up on his beautiful wife.
8.00 Birds of a Feather
Substitute
8.30 Kind of Living
Sitcom about a chauvinistic schoolteacher.
9.00 The Ruth Rendell Mysteries: A Sleeping Life
Concluding episode of the mystery in which a woman is stabbed to death.
10.00 Big Sky
Sweet Revenge
Lexie and Lauren are both in love; however, they discover they are involved with the same man.
11.00 Hill Street Blues
The Phantom of the Hill
Sergeant Esterhaus's plan to propose to Grace Gardiner is sidetracked.
12midnight-1.00am I Spy
Oedipus at Colonus
The duo seek out a religious revolutionary but are taken captive. Starring Bill Cosby and Robert Culp.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Muddy's Thanksgiving
2.00 Champions of the Wild
Ring-Tailed Lemurs with Lisa Gould
2.30 Wild Veterinarians
Doctor Chimpanzee

3.00 Jack Hanna's Animal Adventures
Chimpanzees of Chambura Gorge
3.30 Champions of the Wild
4.00 Cousins
Beneath the Skin
Toolmakers and Apprentices
Were chimpanzees able to make primitive tools?
5.00 Wildlife SOS
A badly-injured deer is caught in a fence.
5.30 Wildlife SOS
A collection of ducklings are rescued from the road.
6.00 Harry's Practice
Dr Cooper pays some surprise house calls on unsuspecting pet owners.
6.30 Harry's Practice
With Harry Cooper.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
A look at the work of RSPCA vets.
8.00 Judge Wapner's Animal Court
8.30 Judge Wapner's Animal Court
More animal-related cases are heard in court.
9.00 Emergency Vets
Stories from Alameda East Veterinary Hospital in Denver, which works round the clock to save animals.
9.30 Emergency Vets
10.00 Emergency Vets
10.30 Country Vets
Documentary about the Bishoptown Veterinary Group in Ripon.
11.00-12midnight Superhunt
Intimate views of the world's greatest animal predators as they stalk and kill their prey.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Now Get Out of That 7.30 Search for the Lost Tomb – KV5 8.30 Esther 9.00 Children's Hospital 10.00 Children's Hospital – Special Edition 11.00 Children's Hospital – Special Edition 12noon Lion Country 12.30pm Animal Hospital 1.00 Mysteries with Carol Vorderman 2.00 Tomorrow's World Plus

3.00 Schoolgirl Mums
Documentary about a group of teenage girls who became pregnant while still at school and decided to keep their babies.
4.00 Sylvania Waters
Noeline and Laurie argue on Paul and Dione's wedding day.
4.30 Esther
Living Up to Your Parents
5.00 Lion Country
Three sea lion pups at Half-Mile Lake have their first swimming lesson.
5.30 Vampire
Profile of the vampire bat.
6.00 Columbus and the Age of Discovery
Columbus's World
Columbus came of age at a time of change and anxiety across Europe.
7.00 The Human Body
First Steps
Motion analysis reveals the intricacies of how babies crawl.
8.00 Supersense
Super Scents
How different animals use their sense of smell.
8.30 Animal Hospital
With Rolf Harris.
9.00 Operation Lemur with John Cleese
John Cleese goes in search of lemurs as part of a conservation project.
10.00 Pleasure Beach
10.35 Sylvania Waters
Noeline expects a grand send-off to Europe.
11.05 Robot Wars
11.35 Robot Wars

12.05am-1.00am Helping the Police with Their Enquiries

UK PLAY:
1.00am Reeves and Mortimer 1.35 Podge and Rodge 1.45 Lucas and Walliams in Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Pick 'n' Mix 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Psychic Livetime 7.00 Astrology 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Body Check 10.00 Family Recipes 10.30 Surprise Gardeners 11.00 Pet Show 11.30 Gorgeous Gardens 12noon Montel Williams 1.00pm Agony 2.00 The View

3.00 Agony Livetime
Live problem page with Denise Robertson, the resident agony aunt on *This Morning with Richard and Judy*.
4.00 The Montel Williams Show
My Boyfriend Kicked Me Out
Award-winning U.S. chat show with Montel Williams.
5.00 Susan Brookes' Family Recipes
5.30-6.00pm Gorgeous Gardens
Presented by Lisa Davis.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Stairway to the Sky
The Philippines' 2,000-year-old rice terraces have survived earthquakes but are now in danger.
8.00 Kidnapped by UFOs?
In recent years, thousands of Americans have come forward with reports of alien abductions.
9.00 Disaster!
This programme joins ski patrols in the Swiss Alps, as they trigger 'safe' avalanches in order to prevent disastrous ones.
10.00 Mysterious World: Spirits of the Wild
An overview of animal mythologies from around the world.
11.00 The Mystery of Genius: The Paths of Genius
A cross-cultural and historical look at the myths and science of genius.
12midnight Lifeboat: Shaken not Stirred
The incredible story of the volunteer RNLI crew from Salcombe, Devon.
12.30am-1.00am Mysteries of the Maya
The search for the truth about the Maya's downfall.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45 The Games Room
6.00 Family Fortunes
With Les Dennis.
6.30 The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15 The Games Room
7.25 Whittle
With Tim Vincent.
7.55 The Crystal Maze
The programme with an eclectic collection of games and challenges, both mental and physical, with Richard O'Brien.
9.00 The Games Room
9.15 Stars in Their Eyes
9.45 The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air tests contestants' knowledge of entertainment, sport, sex, food and stuff.
11.00 Celebrity TV Bloopers
More of celebrities' most embarrassing moments and slips of the tongue captured on camera.
12midnight Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible
3.30 Blockbusters
4.00 Fifteen to One
4.30 Give Us a Clue
5.00-6.00am Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 FILM: Club VR
11.30 Sex Court
12midnight Freeview
12.10am Dr Anna St John
12.35 Katie's Fantasies
1.00 FILM: Reckless Passion
Erotic feature film.
2.20 New Public Places
2.45-4.00am FILM

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
12noon Mad 4 Hits
Including at 1.00pm-1.15, the MTV Live Spot.
2.00pm US Top 20 Countdown
3.00 Bytesize MTV
4.00 Select MTV
Donna Air fields viewers' calls and speaks to the newest and brightest stars from music, film and television, all at London's Sound Republic.
6.00 Bytesize MTV
7.00 brand:new
8.00 Hit List UK
The UK's top 40 singles, as counted down by Cat Deeley.
9.00 Daily Edition
9.30 Say What??
10.00 Celebrity Deathmatch
10.30 UK Singled Out
11.00 Mad 4 Hits
Wall to wall favourites from the current MTV playlist.
12midnight Superock
1.00am Celebrity Deathmatch
1.30 UK Singled Out
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.00 The Millennium Classic Years 5.00 VH1 Live 6.00 Greatest Hits of... 6.30 VH1 Hits 8.00 The VH1 Album Chart Show 9.00 Bob Mills' Big 80s 10.00 Greatest Hits of...11.00 Ed Sullivan's Rock'n'Roll Classics 11.30 Talk Music 12midnight VH1 Country 1.00am American Classic 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 How Does Your Garden Grow? 11.00 Moving People 11.30 The House Detectives 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Travels à la Carte 2.00 Style Street 2.30 Gardeners' World 3.00 Geoff Hamilton – A Man and His Garden 3.30 Voyage 4.00 Voyage 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Delia Smith's Summer Collection 9.30 Good Living 10.00 Antiques Roadshow US 11.00 Gardeners' World 11.30 The Lost Gardens of Heligan 12midnight Ground Force 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Monday 26 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Gardens Great and Small 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 Gardens Great and Small 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.30 River Somewhere 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

3.00 PM

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
4.30 Walker's World
Ecuador and the Galapagos Islands
With Anna Walker.
5.00 Classic Bikes
Scooter Mania
The story of the Lambretta.
5.30 Treasure Hunters
Diamonds of the Orange River
6.00 Zoo Story
Stories from London Zoo.
6.30 The World of Nature
Great White!
The shark regarded as the most formidable predator on earth.
7.30 Great Escapes
Trapped in Death Valley
Five soldiers' escape from Low Gully in Borneo.
8.00 New Discoveries
Antarctica's ice fish, the hunt for new medicines in nature, and the discovery of new species of flora in Equatorial Guinea.
9.00 Lonely Planet
Central America – Costa Rica and Nicaragua
A look at affluent Costa Rica and politically volatile Nicaragua.
10.00 Spell of the North
The Rush for Alaska
How the life of the Inuits has changed since the arrival of white explorers.
11.00 The Great Commanders
Julius Caesar
How Julius Caesar led the Roman army through a decade of conquest.
12midnight Last of the Few
The Battle of Britain memorial flight recalled.
1.00am Classic Bikes
Scooter Mania
1.30-2.00am Treasure Hunters
Diamonds of the Orange River

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Dexter's Laboratory 12.30pm Animaniacs 1.00 Dexter's Laboratory 1.30 2 Stupid Dogs 2.00 Dexter's Laboratory 2.30 Powerpuff Girls

3.00 Dexter's Laboratory
Chemical chaos with the bedroom professor.
3.30 The Sylvester and Tweety Mysteries
4.00 Dexter's Laboratory
Back-to-back episodes of the cartoon featuring chemical chaos with the bedroom professor.
5.30 Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Dexter's Laboratory
Chemical chaos with the bedroom professor.
6.30 The Flintstones
Stone Age shenanigans.
7.00 Tom and Jerry
Animated antics with the cat and mouse duo.
7.30 Looney Tunes
Classic cartoon capers from the archives.
8.00 Cartoon Cartoons
Network favourites.
8.30-9.00pm Space Ghost Coast to Coast

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blue's Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog

3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Kid iN Play
Tamera is in a school play.
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
The Man Who Says Hello
Paul's father has his 15 minutes of fame.
9.00 Ellen
The Bridges of LA County
Spence has a date with a member of the book club.
9.30 Spin City
Gabby's Song
10.00 Frasier
Head Game
Niles reverses the fortunes of a star basketball player.
10.30 Cheers
Dog Bites Cliff
11.00 Dressing for Breakfast
Sitcom about a woman looking for love.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
US chat show.
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Donkey Kong Country or Masked Rider 2.15pm The Incredible Hulk 2.40 Masked Rider

3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
3.35 Spiderman
Adventures with the crime-fighter extraordinaire.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
More spooky stories.
5.00 Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
The animated adventures of the zany pet detective.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
Round-up of the best-sellers on Shop!
7.00 Bargain Shop!
Today's great offers at bargain prices!
7.30 The Gold Collection
Start your own gold collection with our range of affordable and stylish jewellery.
8.30 Dress for Less
Essential holiday fashion for less than £30
9.30 Sports Shop!
10.00 Kitchen Shop!
11.00 Kids Shop!
12noon Clothes Shop!
1.00pm Bargain Shop!
One-hour special of your favourite bargains from the past week.
2.00 Entertainment Shop!
The latest offers on home entertainment equipment.
3.00 Jewellery Shop!
A dazzling array of fine costume jewellery.
4.00 Shop! Feature
5.00 Shop! Selection
Round-up of the best-sellers on Shop! – from jewellery to hi-fis, they're all here!
6.00 Beauty Shop!
7.00-8.00pm Jewellery Shop!
A dazzling array of fine costume jewellery.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 NewsStand 10.30 Sport 11.30 Asia 12.30pm Pinnacle Europe 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Artclub 5.00 NewsStand 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30am Showbiz 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.30 Showbiz Weekly
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Showbiz Weekly
4.30 The Book Show
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journaux 5.30 Télématin 7.00 Journal Télévisé 7.30 Entretiens 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Fiction: Les Brouches 11.00 Infos 11.05 Voilà Paris 11.30 Journal Télévisé 12noon Infos 12.05pm Mise au Point 12.30 A Bon Entendeur 1.00 Journal Télévisé 1.15 Fiction: Les Brouches 3.00 Journal Télévisé 3.15 Questions 3.30 Méditerranéo 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Fiction: Les Brouches 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Le Point 9.00 Journal Télévisé 9.15 Cinéma: La Femme en Bleu 11.00 Journal Télévisé 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 7.45 Katha Sagar 8.30 Bhakti Sagar 9.00 FILM 11.30 News 12noon Thekikaat 12.30pm Junoon 1.00 Swabimaan 1.30 FILM 4.00 Kissa Shanti Ka 4.30 Fuldani Foram 5.00 Juke Box 5.30 Music Challenge 6.00 Tiger 6.30 Darpan 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Swabimaan 12.30am Eurospice 1.00 FILM 4.00 Fuldani Foram 4.30 Jhankar 5.00 Dasht 6.00 Bhakti Sagar 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Your Zindagi 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Zaike Ka Safar 8.30 Tara-2 9.00 Jaan 9.30 Neeyat 10.00 Saheb Bahadur 11.00 Jhat Pat Khana 11.30 Parampara 12noon FILM: Sangeet Samrat Tansen 3.00pm Chota Muh Aur Badi Baat 3.30 Knock Knock Kaun Hai 4.00 Filmi Chakkar 4.30 Quiz Contest 5.00 Hum Paanch 5.30 Hasratein 6.00 Urdu Drama 7.00 Hadd Kar Di 7.30 Filmi Baatein 8.00 News Bulletin 8.30 Aashiqui 9.00 KTC Sa Re Ga Ma 10.00 Ru-ba-ru 10.30 Up Beat 11.00 Aashirwad 11.30 Chahat Aur Nafrat 12midnight News Bulletin 12.30am Aap Ki Adalat 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Teri Meri Ek Jindri 5.00 Revathi 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Victory in Jesus 5.30 Jack Van Impe Presents 6.00 Adventures in Faith 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Money Matters 8.30 Catch the Fire 9.00 Another Day of Victory 9.30 Church on the Way 10.00 Power of Praise 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus:
2.15am Bloomberg Money
2.49am Market Review

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees
2.30pm House of Commons
11.00 The Record
11.30-12midnight European Focus

12.00 NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon The Bay of Pigs
1.00pm Biography
Fidel Castro
2.00 Biography
Pamela Harriman
3.00 Curse of the Goddess Pele
4.00 Clash of Wings
The African Tutorial
5.00 To the North Pole
6.00 Ancient Prophecy
A look at the apparent ability of certain people to gaze into the future.
6.55 Photos for the Future
7.00 Edward Windsor Presents...
Winchester
Visit the capital of Alfred, King of Wessex.
7.30 The Pirate Queen
8.00 Biography
Mikhail Gorbachev
9.00 World War I
Daredevils and Dogfights
The battle for air supremacy.
9.30-10.00pm Men in Crisis
Khruschev vs Nagy

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to TV Travel Shop Text, from page 200.

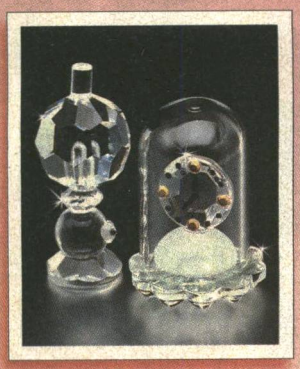
QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 3.00pm.

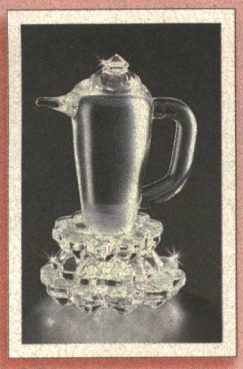
CABLE CHECK
Some of the channels listed may not be available in your area

The 'Pure Nostalgia' Crystal Collection

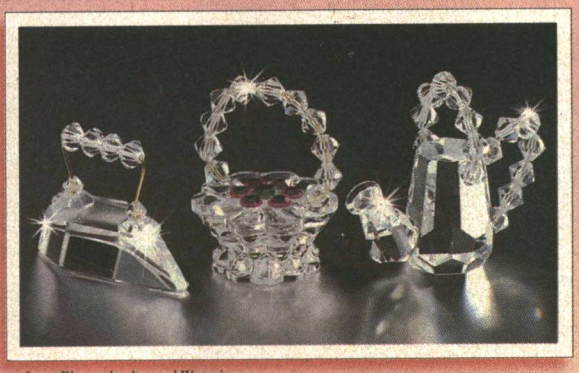
An heirloom collection in finest lead crystal



Oil lamp and Carriage clock



Coffee pot



Iron, Flower basket and Watering can

Champagne on ice

Kitchen scales, Candelabra and Flower pot

Salt & Pepper set

Alarm clock

All miniatures approximately size shown in pictures

Much loved everyday items from yesteryear reproduced as miniatures in crystal...

- Crafted in England from pure lead crystal
- Exclusive to Mayfair Edition, not available in any shop
- Each piece is sent on 15 days home approval
- Available in a strictly limited edition, each piece accompanied by a signed Certificate of Authenticity
- The display case is **Free** and will be sent with your fourth shipment

SPECIAL *Introductory* OFFER

To convince you that this heirloom collection will prove a source of pleasure and nostalgia in the years to come, we will send you 'Salt & Pepper' your first piece in the collection with an invoice for just £9.95 (+ £1.95 p&p), together with the miniature clock as a FREE gift.

Examine them in your own home, and if you are not delighted, just return them to us and owe nothing. Otherwise simply pay the invoice, and we will send you a new piece for your collection every month, *always* at the same low price, and *always* on the same home approval basis. You may cancel at any time.

FREE display case

Brass framed, mirror backed and glazed with clear glass, it will truly enhance your collection. Your display case will be sent **FREE** with your fourth shipment.

Actual size 290mm x 305mm x 70mm deep, with two glass doors

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Address _____

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Postcode _____

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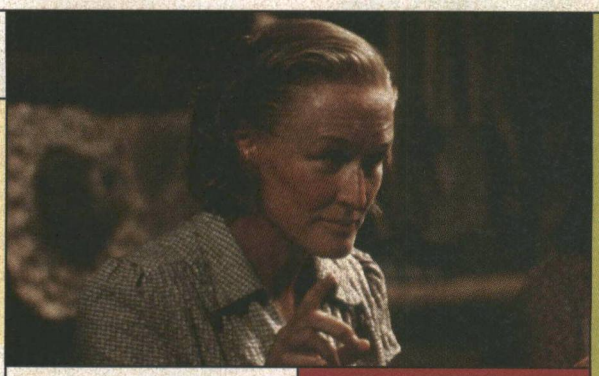
Tuesday 27 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Just Like Dad
1995, rating Sky PG, 97 mins
8.00 Warriors of Virtue
Angus MacFadyen, Mario Yedidia
1997, rating Sky PG, 99 mins
10.00 Sesame Street Presents: Follow that Bird
Carroll Spinney, Jim Henson
1985, rating Sky U, 85 mins
12noon The Preacher's Wife
Whitney Houston Text
1996, rating Sky U, 119 mins
2.05pm Just Like Dad
Wallace Shawn, Ben Diskin
Drama about a young boy who, embarrassed by his 'dull' father, invents a more exciting stand-in and finds his popularity soars.
1995, rating Sky PG, 97 mins
4.00 Warriors of Virtue
Angus MacFadyen, Mario Yedidia, Marley Shelton
Fantasy adventure in which a young boy who, during an initiation rite led by the school bully, is transported to the land of Tao where he joins forces with the kangaroo warriors to fight the evil Komodo.
1997, rating Sky PG, 99 mins
6.00 Sesame Street Presents: Follow that Bird
Carroll Spinney, Jim Henson, Frank Oz, Paul Bartel, Sandra Bernhard, John Candy
Children's adventure in which Sesame Street character Big Bird is sent to a foster home.
1985, rating Sky U, 85 mins
7.30 Hollywood Buzz
A witty and irreverent weekly look at Tinseltown.
8.00 Paradise Road
Glenn Close, Pauline Collins, Cate Blanchett, Frances McDormand
PREMIERE Wartime drama in which a group of women, from different countries and social levels, are held as prisoners of war in a Japanese concentration camp. Text *1997, rating Sky 15, 117 mins*
10.00 The Jackal
Bruce Willis, Richard Gere, Sidney Poitier, Diane Venora
Action thriller in which Bruce Willis is The Jackal, a deadly assassin with the ability to transform his appearance beyond recognition to elude capture. The FBI enlist the help of Declan Mulqueen an imprisoned underground operative with his own reasons for finding The Jackal.
1997, rating Sky 18, 119 mins
12.05am Smilla's Feeling for Snow
Julia Ormond, Gabriel Byrne Text
1997, rating Sky 15, 116 mins
2.05 Some Mother's Son
1996, rating Sky 15, 107 mins
4.00-6.00am The Preacher's Wife Text *1996, rating Sky U, 119 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.15am Love is Strange
1998, rating Sky PG, 88 mins
9.00 Cosmic Shock
Connie Sellecca, Ed Marinaro
1997, rating Sky PG, 88 mins
11.00 Special Report: Journey to Mars
Judge Reinhold, Alfre Woodard
1996, rating Sky U, 86 mins
1.00pm Freeze Frame
Shannen Doherty, Charles Haid
1992, rating Sky PG, 78 mins
3.00 Love is Strange
Kate Nelligan, Ron Silver, Julie Harris
Drama in which a terminally ill woman must spend her final weeks rebuilding the family relationships between her son and ex-husband, whom she neglected in favour of a career.
1998, rating Sky PG, 88 mins
5.00 Cosmic Shock
Connie Sellecca, Ed Marinaro, Jessica Walter, Marsha Warfield
Thriller about a renowned astronomer, Dr Paul Sorenson, who discovers a comet on a collision course with earth – but no one will believe him. To avert a major disaster he and his followers commandeer a nuclear missile.
1997, rating Sky PG, 88 mins
7.00 Special Report: Journey to Mars
Judge Reinhold, Alfre Woodard, David Carradine
Original science fiction movie which takes the form of a live broadcast of man's first landing on the planet Mars in the year 2005.
1996, rating Sky U, 86 mins
9.00 Total Stranger
Lindsay Crouse, Dan Lauria
PREMIERE Thriller in which a divorcée decides to rent out her spare room for company and financial benefits. However, she little realises the disturbed hidden nature of the seemingly sweet-natured student who takes the room and soon Patti's very existence is under threat.
1998, rating Sky 1586 mins
11.00 Stag
John Stockwell, Andrew McCarthy
Thriller about a man who has everything he could possibly dream of – until his stag night.
1998, rating Sky 18, 90 mins
12.35am Five Desperate Hours
Giancarlo Esposito
Last Play *1997, rating Sky 15, 87 mins*
2.05 Fifteen and Pregnant Text
1997, rating Sky 15, 87 mins
3.40 W.E.I.R.D. World
1995, rating Sky 15, 86 mins
5.10-7.00am Freeze Frame
1992, rating Sky PG, 78 mins



Glenn Close has a song in her heart in 'Paradise Road'. Sky Premier 8.00pm

SKY CINEMA
PREMIUM CHANNEL

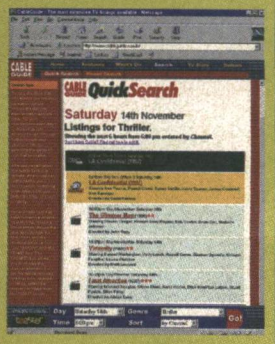
4.00pm Flying Tigers
John Wayne, Paul Kelly, John Carroll, Anna Lee
Romance set against the backdrop of World War II China, with the aces taking a break from fighting the Japanese to vie for the affections of a military nurse. However, matters of the heart are set aside when the heroes are called into action.
1942, rating Sky PG, 95 mins
6.00 From Hell to Texas
Don Murray, Diane Varsi
Western in which a cowboy is forced to flee after he kills a man by accident and a bounty is placed upon his head.
1958, rating Sky PG, 96 mins
8.00 Alice Doesn't Live Here Anymore
Ellen Burstyn, Alfred Lutter, Kris Kristofferson, Billy Green Bush,
Martin Scorsese's drama about a single mother who hits the road with her young son, looking to start a new life and perhaps eke out an existence as a singer. Ellen Burstyn won an Oscar for her performance. *1975, rating Sky 15, 107 mins*
10.00 Badlands
Sissy Spacek, Martin Sheen, Warren Oates, Ramon Bieri
A stark, dreamy thriller about two young tearaways on a murder spree across America, following them as they progress from fugitives to national celebrities.
1973, rating Sky 18, 90 mins
11.35 Flying Tigers
John Wayne, Paul Kelly
Romance set against the backdrop of World War II.
1942, rating Sky PG, 95 mins
1.15am Dirty Mary, Crazy Larry
Peter Fonda, Susan George
1974, rating Sky 15, 89 mins
2.50-5.20am Unconquered
Gary Cooper, Paulette Goddard
1947, rating Sky PG, 147 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Prize
Paul Newman, Edward G Robinson, Elke Sommer, Diane Baker, Micheline Presle
Cold War intrigue embroils an unsuspecting Nobel Prize-winning novelist attending the award ceremony in Stockholm. In the course of his acceptance speech, the writer refers to an imaginary plot to kidnap one of the prizewinners. *1963, 130 mins*
11.45 Slither
James Caan, Peter Boyle, Sally Kellerman, Louise Lasser
Offbeat road movie. *1973, 93 mins*
1.45am Sol Madrid
David McCallum, Stella Stevens
Thriller. *1968, 90 mins*
3.30-5.00am Battle Beneath the Earth
Kerwin Mathews, Vivienne Ventura,
Adventure. *1967, 80 mins*



WANT TO KNOW WHICH JOHN WAYNE FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Little Women First
Winona Ryder, Trini Alvarado, Claire Danes, Kirsten Dunst, Susan Sarandon
Adaptation of Louisa May Alcott's classic novel. The devoted sisters of one family grow up in Civil War America while their father is away fighting, eventually moving away from their family home in New England. *1994, 113 mins*
8.05 Nuns on the Run
Eric Idle, Robbie Coltrane, Robbie Patterson, Janet Suzman
A pair of small-time crooks are forced to hide out in a convent, disguised as nuns, when they are pursued by gangsters and the police after parting from their ruthless boss.
1990, 88 mins
9.40 The Confession
Short film.
10.00 The Missionary
Michael Palin, Maggie Smith
In 1905, after 10 years of missionary work in Africa, the Rev Charles Fortesque is recalled to England, where his bishop gives him his new assignment – to minister to London's prostitutes.
1983, 83 mins
11.30 Misery
Kathy Bates, James Caan
Horror thriller.
1990, 103 mins
1.15am The Hours and the Times
1991, 55 mins
2.10 Colour of a Brisk and Leaping Day
1991, 85 mins
3.40-6.00am Everything You Ever Wanted to Know About Sex...
1972, 85 mins

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52

MR MAGOO
Slapstick comedy. When a short-sighted old duffer comes into possession of a fabulous jewel he finds himself pursued by both the authorities and criminals. Stars Leslie Nielsen and Kelly Lynch.
1998, Sky PG, 83 mins
PLAYS AT 6.30pm

SCREAM 2
Slick, self-referential horror sequel. When the events of the first film are made into a movie, the survivors find themselves terrorised once more. Stars Neve Campbell.
1998, Sky 18, 115 mins
PLAYS AT 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 3
Channel 53

LOST IN SPACE
Space adventure. The earth is dying and one man travels into space to establish a new colony. Stars William Hurt and Matt LeBlanc.
1997, Sky PG, 124 mins
PLAYS AT 10.00am, 12.30pm, 3.00pm, 5.30pm, 8.00pm, 10.30pm, 1.00am and 3.30am

Sky Box Office 4
Channel 54

MAD CITY
Dramatic critique of the modern media. A hostage situation is turned into a national media frenzy by a desperate newsman. Stars John Travolta.
1997, Sky 12, 110 mins
PLAYS AT 8.00pm,10.00pm and 4.00am.

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Games World 7.45 Games World 8.00 The Simpsons Text
8.30 Pokémon 9.00 Godzilla
9.30 Shadow Raiders
10.00 Xena: Warrior Princess Text
11.00 Feature
11.30 The Nanny Text
12noon Newlywed Game
12.30pm Hollywood Squares
1.00 The Oprah Winfrey Show
2.00 Sally Jessy Raphael

3.00 Jenny Jones
My Teen's Body Is Getting Curves But Her Attitude's Getting on My Nerves
Cheeky teenagers are asked to reconsider their attitude.
4.00 Guilty!
Will friends and family be found innocent or guilty by the 100-strong jury audience?

5.00 Star Trek: Deep Space Nine
The Assignment
A strange entity takes over Keiko and orders O'Brien to complete a secret assignment. Text
6.00 Dream Team
6.30 Friends
The One with the George Stephanopoulos
The women spy on President Clinton's top aide. Text
7.00 The Simpsons
Simpsoncalifragilisticexpiala (annoyed grunt)cious Text
7.30 The Simpsons
Margie May I Sleep with Danger? Text
8.00 Speed!
A biker speeds at 95mph along a winding mountain road. Text
8.30 Coppers
A brand new episode from the fly-on-the-wall documentary.
9.00 Police Stop!
Amazing footage reflects some of the more hazardous driving behaviour on the roads of Britain today. Text

10.00 A Bit of Posh
A pretty face, the right family name and breeding plus the desire to be seen – meet the women who want to be the new 'it' girls.
11.00 Friends
The One with the George Stephanopoulos Text
11.30 Star Trek: Deep Space Nine
The Assignment Text
12.30am
The Chris Evans Breakfast Show
Join Chris Evans and the team, including Holly 'Hotlips' Samos and 'Wheels of Steel' maestro Johnny Boy Revell.
1.30 Law and Order
A tennis star is attacked.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
2.55 The Bill
No Job for an Amateur

3.25 The Bill
Judge and Jury
A solicitor gives Carver something of a tough time.
3.55 EastEnders
The Taverniers have some difficult decisions to make, while the Fowlers get some bad news.
4.30 Neighbours
Benito is outraged by Cathy's unreasonable actions.
5.00 Dynasty
The Triple-Cross
Steven is thwarted in his attempt to uncover Adam's secret, and Sammy Jo and Clay find romance by candlelight.
6.00 Bugs
Stealth
The team are hired to stop two sisters who are out to steal the secrets of some revolutionary motor vehicles.
7.00
Last of the Summer Wine
Bandit from Stoke-on-Trent
Comic adventures.
7.40 Dad's Army
Don't Forget the Diver
Wartime sitcom.
8.20
Only Fools and Horses
Big Brother
Del buys some rather hot executive briefcases.
9.00
One Foot in the Grave
Hole in the Sky
Margaret inherits some money.
9.40 Hetty Wainthropp Investigates
A Rose by Any Other Name
Gillian Snape's family think that Lester Rose wants to marry her for her money.
10.45 HeartBeat
Nick is taken hostage by an intruder at the Aidensfield Arms when he calls in after closing time, and is imprisoned in the cellar with George and Greengrass.
11.50 The Bill
12.20am The Bill
More police drama.
12.50 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
1.20 Colin's Sandwich
A Bit Whiffy
Colin's first story is published.
2.00-3.00am Backup

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Upbeat magazine programme featuring human interest stories.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran journalist Maury Povich.
4.30 Home and Away
Life and love with the sun-tanned inhabitants of Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.
6.00
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
8.30 FILM:
When He's Not a Stranger
Annabeth Gish, John Terlesky, Kevin Dillon, Paul Dooley
Date rape drama about a girl in her freshman year whose life is shattered when she is assaulted by a fellow student. Their previous open friendship leads everyone to assume that she was a willing victim, but she steels herself to prove otherwise. *1989*
10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show, which also offers advice on improving your sex life.
11.30-12midnight Passion
Steamy tales of passion.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Choice Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
Burnout
A sudden undercover assignment that temporarily postpones Lacey's vacation plans appears to be the final straw.
4.00 Minder
The Beer Hunter
Arthur has a celebratory reunion with an old Army pal, Yorkie, who the next day is nowhere to be found.
5.00 Charlie's Angels
Angels in Waiting
A paroled murderer stalks John for revenge, and Bosley takes up with a beautiful woman.

6.00 Emmerdale
Elizabeth's little friend causes Nick some embarrassment.
6.30
Classic Coronation Street

7.00 Rising Damp
Moonlight and Roses
Rigsby decides he must tell Ruth his true feelings.
7.30 The Two of Us
Getting Better
8.00 Minder
The Beer Hunter
Arthur has a celebratory reunion with an old Army pal, who the next day is nowhere to be found.

9.00 Cagney and Lacey
A sudden undercover assignment is the final straw for Lacey.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm The Hot House
Late-night show, presented by Kim Hughes and Terry Christian.
11.30 Babewatch
A day in the life of Britain's top glamour models.
12midnight
FILM: Death Rivals of Shaolin
Action-filled story of a Shanghai narcotics and prostitution ring.
1.40am Search for a Centrefold
Follow the adventures of a group of touring centrefolds.
1.50-2.00am Lord Lust's Lovelies
Presented by James Hadfield-Hyde from his stately home in Cheshire.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: Zenon, Girl of the 21st Century

3.05 The Little Mermaid
The undersea adventures of the beautiful mermaid, Ariel. Text
3.30 Art Attack
Award-winning art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
You Slipped a Disk Text
4.30
Hercules: The TV Show
Hercules and the King for a Day
Muscle-bound antics. Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
Kayla's father is accused of theft – but Jett stands by her. Text
6.00 Smart Guy
Comedy about a smart kid who's put into tenth grade. Text
6.30 Boy Meets World
Topanga must make an important decision. Text
7.00 FILM: Pocahontas
Voice of Irene Bedard, Mel Gibson, David Ogden Stiers
The powerful and moving story of a Native American princess and her ill-fated love for an English sea captain. Text *1995*
8.20 Honey, I Shrunk the Kids: TV Show
Honey, You've Got Nine Lives
Wayne is worried about the ethical implications of his virtual reality device. Text
9.05 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.30 Bone Chillers
Fright fest. Text
10.00 Home Improvement
Talk to Me Text
10.30 Flipper
11.15-12midnight Eyewitness

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

TUESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

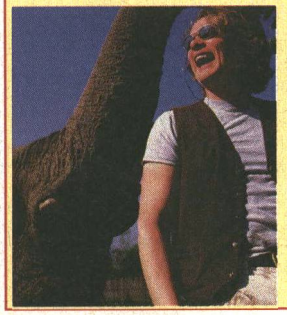
FILM

Stag
Sky MovieMax 11.00pm
The premise of this nightmarish, moral dilemma drama was plundered by the recent Christian Slater vehicle *Very Bad Things*. This film is more claustrophobic than the Slater film and sees a rowdy stag party turn tragically sour when a stripper is accidentally killed.

GENERAL

Only Fools and Horses
UK Gold 8.20pm
There's a lot more to David Jason than Del Boy, but such was the skill with which the actor fleshed out the loveable Peckham wheeler dealer that he will forever be associated with the character. Tonight there's a chance to see him in the first episode of this adored sitcom.

ADVERTISEMENT UK HORIZONS



BORN TO BE WILD
9.00M
Martin Clunes travels to Tanzania to meet Nina, a 26-year-old elephant who has lived her life in a game sanctuary, which is about to close. Nina's will be released into the wild with a chance of integrating with other elephants for the first time.

Tuesday 27 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Swimming – LIVE
9.00 Athletics
9.30 Football
The European Under-18 Championship in Sweden.
11.00 Swimming
12noon Swimming – LIVE
Action from the European Championships in Istanbul.
12.45pm Fishing
1.45 Swimming
2.45 Swimming – LIVE
Action from the European Championships in Istanbul.

3.00 PM

4.00 PM
4.15 Swimming
Diving action from the European Championships in Istanbul.

5.00 PM
5.00 Athletics
Highlights from the IAAF Grand Prix II in Linz, Austria.
5.30 Swimming – LIVE
Women's diving action from the European Championships in Istanbul.

6.00 PM

7.00 PM
7.30 Cliff Diving
The 1998 Cliff Diving World Championships.

8.00 PM
8.00 Boxing
Action from a top international contest.

9.00 PM

10.00 PM
10.00 Swimming
Action from the European Championships in Istanbul.

11.00 PM
11.00 Golf
Highlights of the US PGA Tour John Deere Classic from Coal Valley, Illinois.

12.00 NIGHT TIME
12midnight-12.30am Sailing
Nautical action.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 V-Max 7.45 Totalsport
8.15 Sky Sports Centre
8.30 Racing News 9.00 Aerobics 9.30 Netbusters
10.00 International Bowls: Australia v New Zealand – Third Test 12noon Aerobics Oz Style 12.30pm V-Max
1.00 Equestrian: Spruce Meadows – Canadian Pacific World Cup

3.00 Golf: LPGA 1999 – Giant Eagle LPGA Classic
Action from the $1 million Giant Eagle LPGA Classic from the scenic fairways and greens of Avalon Lakes in Ohio. Golf's newest superstar Se Ri Pak beat the best of the Americans to win the event last year.

5.00 World Wrestling Federation – Live Wire
Michael Cole presents coverage of exclusive World Wrestling Federation bouts.
6.00 Sky Sports Centre
Up-to-the-minute sports news and views.
6.30 Netbusters: Scottish Football
7.00 Golf: Mastercard Tour – East Lothian Classic
The MasterCard Tour heads for the East Lothian Golf Club.
8.00 Greyhounds: William Hill Gold Cup – LIVE
Jeff Stelling presents live action from the William Hill Gold Cup. This prestigious £3,000 race is held at Wimbledon over 660 metres and acts as a valuable form guide to November's St Leger held at the same course.
10.00 Sky Sports Centre
10.15 Premier Snooker League
Coverage of the 1999 Premier Snooker league.
Excitement is guaranteed right until the end of the 17-frame final as the likes of Ronnie O'Sullivan and John Higgins aim to outwit one another on the baize.
12.15am Sky Sports Centre
The latest sporting events.
12.30 Golf: Mastercard Tour – East Lothian Classic
1.30 Fastrax
2.00 Wheelbase: Wheelbase Club
3.00-3.15am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 Moto-Plus
8.45 Sky Sports Centre
9.00 Xtreme: Rebel Sports
9.30 Xtreme: Wild Spirits
10.00 Soccer Extra: August/September Review
1.00pm Darts: World Matchplay – LIVE
Action from day two in the PDC World Matchplay. The first round action continues as the world's top 32 players battle for a place in the quarter-finals. Look out for the current world champion, and arguably the greatest player of his generation, Phil 'The Power' Taylor.

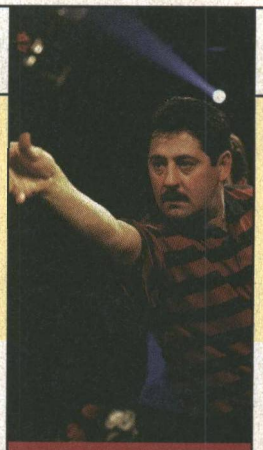
5.00 Totalsport
Extreme sporting action from around the globe.
5.30 Netbusters: Scottish Football
The season's best goals.
6.00 Wheelbase: Wheelbase Club
Everything you need to know about British motorsport, including celebrity interviews.
7.00 Darts: World Matchplay – LIVE
Action from the PDC World Matchplay. Jeff Stelling presents, while the inimitable Sid Waddell provides analysis on all the darts that matter as the world's top players meet at the Winter Gardens in Blackpool. As well as the usual strong domestic line-up, the tournament welcomes the top overseas players. Look out for the dangerous Canadian duo of world number nine John Part and the highly talented Gary Mawson.

11.00 Soccer Extra: August/ September Review
The show that keeps the early-riser updated on the latest developments in the football world.
2.00am Xtreme: Sports Unlimited
Extreme sports.
3.00 Equestrian: Spruce Meadows – Canadian Pacific World Cup
5.00-5.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation – Live Wire
1.00pm Xtreme: Rebel Sports
Sport definitely not for the faint-hearted.
1.30 Xtreme: Wild Spirits
2.00 Shell's Wonderful World of Golf
The programme that features classic golfing action from years gone by.

3.00 A to Z of Motorsport
Motor racing nostalgia.
3.30 Fastrax
The performances of those in the fast lane.
4.00 Premier Snooker League
Coverage of the 1999 Premier Snooker League. Excitement is guaranteed right until the end of the 17-frame final, as the likes of Ronnie O'Sullivan, John Higgins, Stephen Hendry and defending champion Ken Doherty aim to outwit one another on the baize.
6.00 Rugby League Academy
Rugby League Academy takes a look at tomorrow's stars of the game as well as match highlights.
7.00 Xtreme: Sports Unlimited
A host of different sports, with everything from snowboarding and drag racing to biking and squash.
8.00 Golf: LPGA 1999 – Giant Eagle LPGA Classic
Action from the $1 million Giant Eagle LPGA Classic from the scenic fairways and greens of Avalon Lakes in Ohio. Golf's newest superstar Se Ri Pak beat the best of the Americans to win the event last year.
10.00 Superbouts: Foreman v Coetzer
Classic boxing action from the 1993 heavyweight fight between George Foreman and Gerry Coetzer.
11.00-11.30pm Brian Moore Interviews
Legendary former football commentator Brian Moore talks to a famous name from the sporting world.



Dennis Priestley eyes the top prize at the World Matchplay in Cardiff. Sky Sports 2 1.00pm, 7.00pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News
All the latest developments.
6.30 Kids' Clinic
Revision of the skills from the first 12 episodes.
7.00 Talk of the Devils
Tune in to the show dedicated to the journalists and fans who just love chatting about the Reds.
8.00 Red Hot News
The show that rounds up all the latest developments from Old Trafford.
8.30 Super Match – Premier Classic
9.30 Red Hot Update
9.35 Super Match – Premier Classic continued
10.30 Red Hot News
All the latest developments from one of the world's biggest football clubs.
11.00 Reds on the Green
11.30-12midnight Red Legends
Stars from the past track down former team-mates.

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 Incredible Hulk 9.00 Buck Rogers in the 25th Century 10.00 Sightings 11.00 Dark Shadows 11.30 New Alfred Hitchcock 12noon Twilight Zone 12.30pm Twilight Zone 1.00 The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
The Hand of the Goral
Buck, Hawk and Wilma return from surveying a bizarre planet.
4.00 The Incredible Hulk
Prometheus
Scientist David Banner tries to reverse the effects of an experiment.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.
6.00 Robocop
Illusions
Madigan falls under the romantic spell of a handsome young magician who may be a killer.
7.00 The Six Million Dollar Man
Privacy of the Mind
Steve Austin impersonates Dr Berman, an absent-minded professor.
8.00 Space Rangers
Death Before Dishonour
The crew is sentenced to death when Boon offends an alien dignitary. Pat Morita stars.
9.00 Babylon 5
The Illusion of Truth
Sheridan receives bad news and Franklin tries to save the cryogenically frozen telepaths.
10.00 FILM: Scanner Cop 2: Volkin's Revenge
Daniel Quinn, Patrick Kilpatrick, Khrystne Hage
A scanner with lethal telepathic powers goes on the trail of another scanner, who is avenging the death of his brother. *1995*
11.45 Sci-Focus Special
12midnight PSI Factor – Chronicles of the Paranormal
The Winding Cloth
1.00am FILM: Sinbad and the Eye of the Tiger
Adventure. *1977*
3.00-4.00am Dark Shadows
Spooky tale.

LIVE
DARTS: WORLD MATCHPLAY
SKY SPORTS 2 1.00PM, 7.00PM

The 1999 PDC World Matchplay championship sees the world's top 32 players doing battle at the Winter Gardens in Blackpool. The sport is truly international these days and you can expect a record entry from overseas to challenge defending champion, Essex hero Rod Harrington, who is the current world number one. Current World Champion Phil 'The Power' Taylor is also in the draw and, if you get bored with double tops, then Sid Waddell's commentary will keep you tuned in.

ITV2
ACCESS PACK

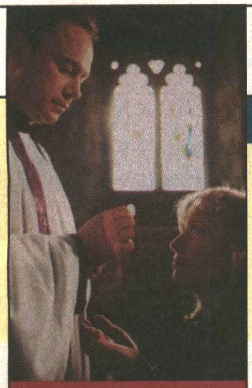
4.00pm Trisha
Heartwarming and hair-raising true stories in front of a studio audience.
5.05 Not Recommended Behaviour
5.30 MTB
Marc Beisiegel presents coverage of the mountain bike 1999 World Cup series.
6.00 Board Wild
Coverage of international snowboarding, windsurfing, surfing and skateboarding.
6.30 Life's a Beach
Special week of programmes to start the holidays.
8.30 Sport Zone: The Locker
Fitness and health magazine programme, with tips on how to get started in a wide range of sports.
9.00 New Jerry Springer
American talk show with lively – and sometimes heated – discussion about relationship issues.
9.45 Words With
Celebrities relate anecdotes based on the words or phrases written on cards.
10.00 Big Bad World
11.00 Emmerdale
Tonight's episode from ITV.
11.30 Soap Fever
Another chance to see the show devoted to the world of soaps, with Liza Tarbuck.
12.30am Late Zone: Bedrock
1.30-2.00am The Locker

TELEVISION X
ADD-ON CHANNEL

12midnight The Ten Minute Preview 12.10am Amateur Girls 12.20 Unearthing Passions 12.45 FILM: Whispered Lies 1.00 The Five Minute Free View 1.05 FILM continues 2.00 Teresa Scott Unleashed 2.25 FILM: Dangerous Tides 3.40-4.10am Kelly

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Tuesday 27 July



Jonathon Coy and Lindsay Duncan star in 'The Rector's Wife'. Carlton Select 8.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Lie Detector 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Lie Detector
Deception uncovered using modern methods.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on earth.
10.00 Compromising Situations
Erotic drama from the United States of America.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Kitchen College 10.00 A Taste of England 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network 12.30pm United Tastes of America 1.00 Coxon's Kitchen College 1.30 A to Z of Food and Beauty 2.00 Simply Baking 2.30 Food Network 3.00 Japaneasy
Toyota
3.30 The Alex Factor
4.00 Tessa's Tastebuds
Sugar
4.30-5.00pm Ross on the Range

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Regional Food in America
5.30 Get Smart
Impossible Mission
A deadly scientific theory.
6.00 I Spy
The Sixties drama series about a pair of laid-back US espionage agents. With Bill Cosby and Robert Culp.
7.00 Boon
The Bare-Faced Contessa
Drama series about an ex-fireman turned private eye. Starring Michael Elphick.
8.00
The Rector's Wife
Anna's new job provides her with the money to send Flora to St Saviour's, but Peter is not happy.
9.00 The Upper Hand
Sex, Lies and Exercise Tape
9.30
An Inspector Calls
Car Capers
10.00 Lovejoy
Friends. Romans, Enemies
Lovejoy goes to the Isle of Man in search of treasure.

11.00
Hill Street Blues
Nobody's Perfect
Rejected in love, a crestfallen Esterhaus goes to lunch with Calletano.
12midnight-1.00am I Spy
Sixties drama series about a pair of laid-back US espionage agents.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
1.00 Hollywood Safari
Quality Time
Greg gets more than he bargained for.
2.00 Breed All about It
Afghan Hounds
2.30 Breed All about It
Pointers

3.00 Good Dog U
Table Manners
How to stop dogs begging.
3.30 Good Dog U
Barking Dog
Stopping non-stop barking.
4.00 Wild Dogs
Known as painted wolves, the wild dogs of Botswana struggle to survive on the African plains.

5.00 Wildlife SOS
The woodpecker is released and a baby bat is brought into the centre.
5.30 Wildlife SOS
A duck is brought in.
6.00 Harry's Practice
Dr Cooper pays some surprise house calls on pet owners around Australia.
6.30 Harry's Practice
Vet work in Tasmania.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
Vets help those who cannot help themselves.
8.00 Judge Wapner's Animal Court
A defendant is sued for failing to control her dog.
8.30 Judge Wapner's Animal Court
9.00 Country Vets
A vet fights to save the life of a terrier.
9.30 Country Vets
The vets deal with an accident-prone horse.
10.00 Country Vets
Richard plays dentist to a frisky horse.
10.30 Country Vets
An owner brings in her German shepherd.
11.00-12midnight Deadly Season
Animals struggle to survive during the driest season ever recorded in the Kruger National Park.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am
Now Get Out of that
7.30 Secret Memories
8.30 Esther
9.05 Supernatural Science
11.00 Supernatural Science
12noon Lion Country
12.30pm Animal Hospital
1.00 Mysteries with Carol Vorderman
2.00
Tomorrow's World Plus

3.00 Painted Babies
Five-year-olds Asia Mansur and Brooke Breedwell are both vying for the Supreme Queen crown in Atlanta.
4.00 Pleasure Beach
Life for the staff of Blackpool Pleasure Beach.
4.30 Esther
Keep it in the Family
Having a famous surname.
5.00 Lion Country
Preparation for Lady Bath's monthly inspection.
5.30 Parrot Fashion
How owning pet parrots endangers the species.
6.00 Columbus and the Age of Discovery
An Idea Takes Shape
How Columbus developed his plan, but spent eight years finding the finance.
7.00
The Human Body
Raging Teens
Professor Robert Winston looks at the changes brought about by puberty.
8.00 Supersense
Sense of Timing
How different animals experience time.
8.30 Animal Hospital
With Rolf Harris.
9.00 Born to Be Wild with Martin Clunes
Martin Clunes assists a team from the Born Free Foundation in the release of a 26-year-old elephant.
10.00
Pleasure Beach
Life in Blackpool.
10.35 Living with the Enemy
Old Labour/New Labour
11.05 Robot Wars
With commentary by Jonathan Pearce.
11.35 Ghost Hunters
12.05am UFO Diaries
12.35-1.00am UFO Diaries

UK PLAY:
1.00am League of Gentlemen 1.35 Podge and Rodge 1.45 FuturTV 2.00 Mark and Lard 2.30 Funny Noise 3.15 TOTP Plus 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Agony Livetime 8.00 The View 8.50 Consuming Passions 9.00 Julia Carling's Style Guide 9.30 Young Chefs 10.00 Intimate Portrait 11.00 Perfect Parenting 11.30 Cook's Garden 12noon The Montel Williams Show 1.00pm Fashion Livetime 2.00 The View

3.00
Fashion Livetime
A look at high street and designer fashions, plus top tips and make-over advice from the experts.
4.00 The Montel Williams Show
Montel's Best of Relationships
With the award-winning US chat show host.
5.00 The Pet Show
Guide to man's best friend
5.30-6.00pm
Cook's Garden
Culinary advice.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Golden Lions of the Rain Forest
The world's last wild golden lion tamarins.
7.30 Happy Trigger
Marine partnerships.
8.00 Tornado
A team of scientists chart deadly tornadoes in an effort to learn more about predicting powerful phenomena of nature.
9.00 Sharks
Scientists and expert divers who dare to enter the realm of the shark, resulting in extraordinary photography and data.
10.00 Great White: In Search of the Giant
An exploration of whether the great white is in danger of going the same way as the dinosaurs.
11.00 The Mystery of Genius: Masters and Madmen
This programme identifies some of visionaries who were branded as mad.
12midnight
Lifeboat: In Safe Hands
More emergencies beckon the crew of the lifeboat.
12.30am-1.00am Secret Subs of Pearl Harbour
A tour of the sunken subs of Pearl Harbour.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Crosswits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Two families play in the big money gameshow.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
Richard O'Brien presents the programme with an eclectic collection of games and challenges, both mental and physical.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the world of trash in a quiz on entertainment, sport, sex, food and stuff.
11.00
Celebrity TV Bloopers
Cameras capture a carnival of cuts as actors meander through a myriad of mishaps.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 Women of Colour
11.15 Most Wanted
12midnight Freeview
12.10am Totty Try-Outs
12.25 FILM: Personal Time
Erotic feature film.
1.45 Adult Feature
2.15 FILM: Last Rites
Erotic feature film.
3.35-4.00am Adult Feature

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
Including a number of exclusives.
9.00 Bytesize MTV
Superb music, big stars, plus weird and wonderful moments.
11.00 brand:new
12noon Mad 4 Hits
2.00pm Hit List UK
Cat Deeley with the movers, shakers and breakers.
3.00 Bytesize MTV
Includes MTV's internet minute with James Hyman.
4.00 Select MTV
6.00 Bytesize MTV
7.00 brand:new
With Zane Lowe.
8.00 US Top 20 Countdown
9.00 Daily Edition
9.30 MTV Megamix
Tunes with a seamless mix of images, from Placebo to Propellerheads.
10.00 The Blame Game
10.30 Daria
12midnight Alternative Nation
The new and experimental.
1.00am The Blame Game
1.30 Daria
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Martine McCutcheon 1.00pm Greatest Hits Of... Style Council 1.30 Pop-Up Video 2.00 Jukebox 5.00 VH1 Live 4.00 VH1 to One 6.00 Greatest Hits of... Style Council 6.30 VH1 Hits 9.00 Millennium Classic Years: 1977 10.00 Behind the Music: Donna Summer 11.00 VH1 Spice 12midnight VH1 Flipside 1.00am VH1 Album Chart Show 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Looking Good 10.30 Ainsley's Meals in Minutes 11.00 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Wine World 2.00 Style Street 2.30 Growing Places 3.00 Gardening Neighbours 3.30 Voyage 4.30 a la Mode
5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 The Antiques Show 9.30 Good Living 10.00 The Antiques Inspectors 11.00 Geoff Hamilton – A Man and His Garden 11.30 How Does Your Garden Grow? 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Tuesday 27 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.29 Home and Leisure House 11.30 Fishing with Henry 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm Routes

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Further angling adventures.
4.30 Walker's World
Iceland
With Anna Walker.
5.00 Classic Bikes
Made in Germany
Bikes which are a product of aviation technology.
5.30 Treasure Hunters
Doomsday in Port Royal
6.00 Zoo Story
Stories from London Zoo.
6.30 World of Nature
Great White!
Documentary on the shark regarded as the most formidable predator on earth.
7.30 Great Escapes
Cave Rescue
An underwater rescue in the Yorkshire Dales.
8.00
History's Mysteries
The Shroud of Turin
8.30
History's Mysteries
The Holy Grail
9.00 Black Shirt
The story of a young Italian who joined the Black Shirts, a group of fascists formed after Italy surrendered to the Allies.
10.00 Egypt
Resurrection Machine
Looking at the ancient Egyptian pyramids as evidence of a religious and architectural evolution.
11.00
Hitler's Generals
Paulus
The Field Marshall who defected to Russia.
11.45
Hitler's Generals
Canaris
12.30am Great Escapes
Deadline
1.00 Classic Bikes
Made in Germany
1.30-2.00am
Treasure Hunters
Doomsday in Port Royal

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino Junior High 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Scooby-Doo 12.30pm Animaniacs 1.00 Scooby-Doo 1.30 2 Stupid Dogs 2.00 Scooby-Doo 2.30 The Powerpuff Girls
3.00 Scooby-Doo
Spooky adventures with Scooby and the gang.
3.30
The Sylvester and Tweety Mysteries
4.00 Scooby-Doo
Hair-raising happenings.
4.30
Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Scooby-Doo
Hair-raising happenings.
5.30
Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Scooby-Doo
Spooky adventures with Scooby and the gang.
6.30 The Flintstones
Stone Age fun with the inhabitants of Bedrock.
7.00 Tom and Jerry
Animated antics with the constantly sparring cat and mouse duo.
7.30 Looney Tunes
Classic cartoon capers.
8.00
Cartoon Cartoons
8.30-9.00pm
Cult Toons
Celebrities' favourite toons.

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blues Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Put to the Test
Exam results are switched.
7.30 Jenny
8.00 Desmond's
Barbershop sitcom.
8.30 Mad About You
Swept Away
Jamie tries to stop Lisa moving in with her man.
9.00 Ellen
Hello, I Must Be Going
9.30 Spin City
Kiss Me Stupid
Mike and Carter end up as an unlikely couple.
10.00 Frasier
Death and the Dog
10.30 Cheers
Dinner at Eightish
Frasier and Lilith decide to live together.
11.00 Dressing for Breakfast
Sitcom about a woman looking for love.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00
The Larry Sanders Show
Guest Host
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Donkey Kong Country or Masked Rider 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
3.35 Spiderman
Adventures with the crime-fighter extraordinaire.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
More spooky stories.
5.00
Dennis and Gnasher
Mischievous mayhem.
5.30 Ace Ventura
The animated adventures of the zany pet detective.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm
Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
8.00 6 of the Best
8.30 The Clothes Line
9.30 Shop! Feature
10.00 Jewellery Box
11.00 Junior Sports Store
11.30 Fitness Zone
12noon 6 of the Best
12.30pm In the Garden
How to make the most of your garden.
1.00 Bargain Shop!
Today's great offers at bargain prices!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 Travel Bag
All you need for hassle-free holidays.
3.00 Home Office
Communications solutions for home workers.
4.00 Beauty Secrets
Improve the condition and look of your skin with a range of beauty products.
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Branded!
Casual fashion from the labels you want.
7.00-8.00pm
Collectors' Shop!
Collectable mythical figures.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 8.00 News 9.30 The World Today 10.00 News 12noon News 1.30pm UK Today 2.00 News 2.30 World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am Morning 5.30 World Business 6.00 Morning 6.30 World Business 7.00 Morning 7.30 Business 8.00 Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Fortune 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 World Beat 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00 Live at Five
8.30 Sky Business Report
9.30 The Book Show
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 The Book Show
4.30 Showbiz Weekly
5.30-6.00am
CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journaux 5.30 Télématin 7.00 Journal 7.30 Découverte 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Cinéma: La Femme en Bleu 11.00 Infos 11.05 Voilà Paris 11.30 Journal Télévisé 12noon Infos 12.05pm Documentaire 1.00 Journal Télévisé 1.15 Cinéma: La Femme en Bleu 3.00 Journal Télévisé 3.15 Questions 3.30 Bons Baisers d'Amérique 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Forts en Tête 6.15 Inédit 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Temps Présent 9.00 Journal Télévisé 9.15 Les Cœurs Brûlés 11.00 Journal Télévisé 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Katha Sagar 8.30 Dhur Ki Bani 9.00 FILM 11.30 News 12noon Kabhi Yeh Kabhi Woh 12.30pm Bhai Hamne To Suna Hai 1.00 Badalte Rishte 1.30 FILM 4.00 Jaldi Jaldi 4.30 Dhakel 5.00 Phanda 6.00 Court Martial 6.30 Chote Babu 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am Court Martial 1.00 FILM 4.00 Chote Babu 4.30 Kabhi Yeh Kabhi Woh 5.00 Phanda 6.00 Jaldi Jaldi 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Aap Ki Farmaish 6.30 Jaagran 7.00 Faith 7.30 Daily News 8.00 Out and About 8.30 Tara-2 9.00 Super 7 Muqabla 10.00 My Choice 11.00 Khana Khazana 11.30 Parampara 12noon FILM: Aradhana 3.00pm Hadd Kar Di 3.30 Filmi Baatein 4.00 Filmi Chakkar 4.30 Zee Top Ten 5.30 Hasratein 6.00 Classics of Antakshari 7.00 Do Aur Do Paanch 7.30 Chalo Cinema 8.00 News Bulletin 8.30 Teacher 9.00 Zee Addicts 9.30 Zanjeeren 10.00 Shapath 10.30 Mahabharat 11.30 Banegi Apni Baat 12midnight News Bulletin 12.30am Tandoori Masala 1.00 Hasratein 1.30 Parivartan-2 2.00 FILM: Mukhra 5.00 Bollywood Top Ten 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Hour of Deliverance
5.30 Freedom
6.00 Good News
6.30 Changing Your World
7.00 Believer's Voice of Victory
7.30 Thought for the Day
7.35 Kids TV
7.45 This is Your Day
8.15 Good Morning Europe with Rory and Wendy Alec
8.30 A Word from God
9.00 Another Day of Victory
9.30 Conferences
10.30-11.00am
Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.45am Focus on Eastern Europe 5.45am Financial Goals

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am House of Lords
7.00 The Record
7.30 House of Lords
2.30pm House of Commons
11.00 The Record
11.30-12midnight
European Focus

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon Ancient Prophecy
12.55pm Photos for Future
1.00 Edward Windsor Presents...
1.30 Legends of the Isles
The Pirate Queen
2.00 Biography
Mikhail Gorbachev
3.00 World War I
Daredevils and Dogfights
3.30 Men in Crisis
Khrushchev vs Nagy
4.00 Clash of Wings
Germany's Last Chance
5.00 Tankers
6.00 Secrets at Delphi
6.55 Photos for the Future
7.00 Edward Windsor Presents...
Brighton and Lewes
7.30
The Loch Ness Monster
8.00 Biography
JFK: A Personal Story
9.00 World War I
The Agony of Caporetto
9.30-10.00pm Men in Crisis
Truman vs Stalin

TV TRAVEL SHOP
BONUS CHANNEL

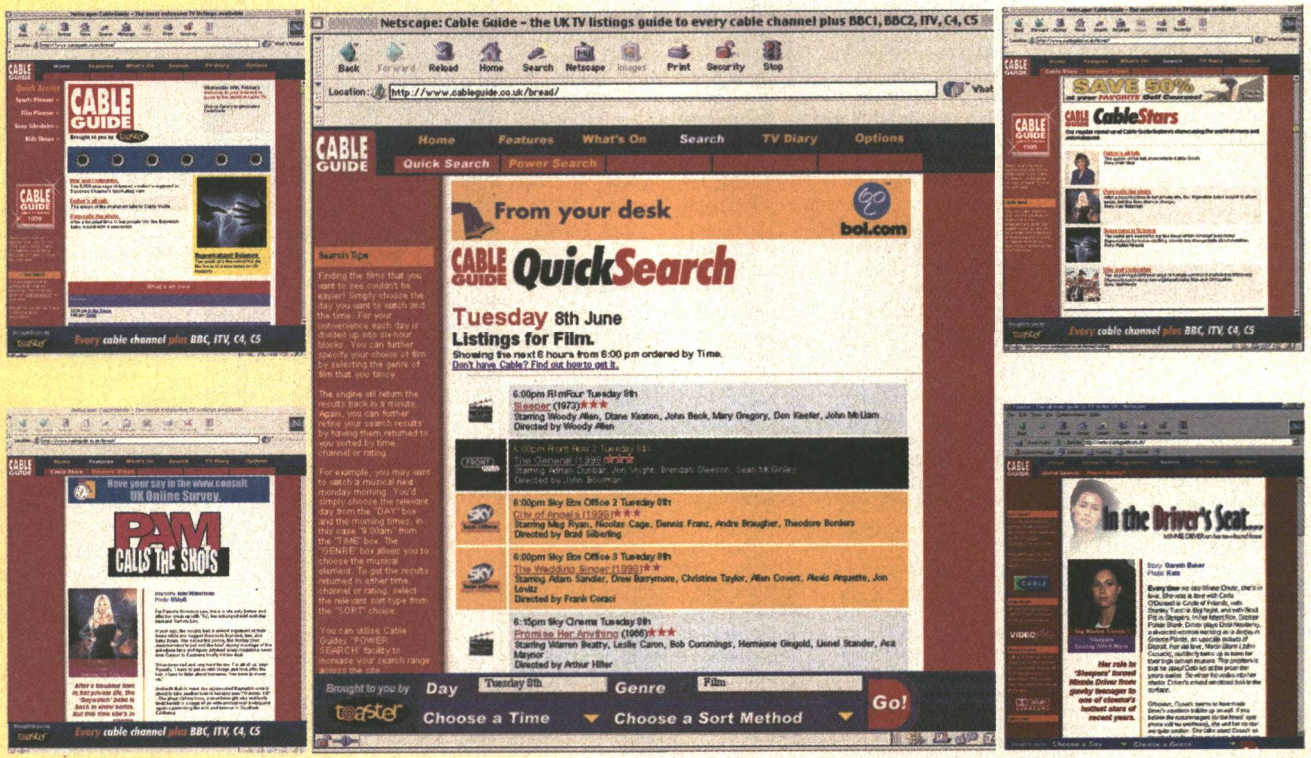
A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Creative Stitching at 5.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

Want to find out if your favourite movie is on?



Visit *Cable Guide* online for the most up-to-date listings available
You can search listings for the next month for all UK cable channels to find out exactly when your programme is on.

- listings for all UK Cable terrestrial channels, including BBC, ITV, Channel 4 and Channel 5
- 'live' updates, including schedule changes
- programmes listed 28 days in advance
- key word and genre search
- personalised channel selection
- features and entertainment news

www.cableguide.co.uk

Wednesday 28 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Wedding
1997, rating Sky PG, 108 mins
8.00 The Addams Family
1991, rating Sky PG, 95 mins
10.00 Carpool
Tom Arnold, David Paymer
Text *1996, rating Sky PG, 86 mins*
12noon Match Made in Heaven
Olympia Dukakis, John Stamos
Emotional drama. *1997, rating Sky PG, 88 mins*
2.00pm The Wedding
Halle Berry, Lynn Whitfield
Romantic drama. A young bride-to-be finds herself the subject of another man's advances, days before her wedding to a jazz musician her parents disapprove of. *1997, rating Sky PG, 108 mins*

4.00 The Addams Family
Anjelica Huston, Raul Julia, Christopher Lloyd, Christina Ricci
Comedy about life at the Addams' mansion. The darkly dysfunctional parents encourage their young children in their mischievous, malicious pranks, with a wicked glee. Then, the arrival of Uncle Fester disrupts everyday life. *1991, rating Sky PG, 95 mins*

6.00 Carpool
Tom Arnold, David Paymer, Rhea Perlman, Rod Steiger
Comedy. Reluctantly taking over carpool duties from his ill wife, an impatient advertising executive stops off to buy pastries for his passengers to keep them quiet. However, he and the kids are taken hostage, and chased by both cops and robbers. Text *1996, rating Sky PG, 86 mins*

8.00 Fathers' Day
Robin Williams, Billy Crystal, Julia Louis-Dreyfus
Comedy tale of two men visited by an old flame who convinces them both that they are the father of a son they never knew they had. The boy has gone missing, and it is up to them to find him. Based on the French film *Les Comperes*. Text *1997, rating Sky 12, 95 mins*

10.00 Judas Kiss
Alan Rickman, Carla Gugino
PREMIERE Thriller about a pair of small-time con artists who attempt to kidnap the handsome, rich owner of a major computer corporation. Text *1998, rating Sky 15, 93 mins*
11.40 Physical Evidence
Burt Reynolds, Theresa Russell
Thriller in which an attorney takes on the case of a tough street cop and falls for him. *1989, rating Sky 18, 95 mins*
1.20am Photographing Fairies
1997, rating Sky 15, 102 mins
3.05 Foxfire
1996, rating Sky 18, 98 mins
4.50-6.30am Match Made in Heaven
1997, rating Sky PG, 88 mins

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Chasing Secrets
1998, rating Sky PG, 90 mins
9.00 The Long Road Home
1998, rating Sky U, 88 mins
11.00 Rockford Files: Godfather Knows Best
James Garner, Stuart Margolin
1996, rating Sky PG, 86 mins
1.00pm Damnation Alley
Jan-Michael Vincent
Sci-fi adventure. *1977, rating Sky PG, 87 mins*

3.00 Chasing Secrets
Della Reese, Ossie Davis
Drama about a child abandoned as a baby by her cruel grandfather. She returns to the family, only to suffer abuse at the hands of her grandparents who are forcing the child's teenage mother to be a prostitute. But her future looks brighter when she meets a kind elderly couple. *1998, rating Sky PG, 90 mins*

5.00 The Long Road Home
Michael Ansara, Al Harrington, Mary Elizabeth Winstead
Drama based on a true story about a young boy who is sent to live with his grandfather after his mother's death. The old man, however, proceeds to make life difficult for him. *1998, rating Sky U, 88 mins*

7.00 The 6th Man
Marlon Wayans, Kevin Dunn
Fantasy. As children, two brothers dreamed of playing professional basketball. But before they can realise this, one dies. The other struggles on without him until he receives ghostly help. Text *1997, rating Sky PG, 104 mins*

9.00 Breaking Up
Salma Hayek, Russell Crowe
PREMIERE Drama in which a couple prove that true love does not run smoothly. With their relationship experiencing extremes of pleasure and pain, they feel either intense love or dislike for one another and keep making and breaking up. *1997, rating Sky 15, 86 mins*

11.00 Cave Girl Island
Sarah Bellomo, Tina Hollimon, Stephanie Hudson
Adult adventure in which space babes crash land on a dinosaur-infested desert island. Text *1995, rating Sky 18, 74 mins*
12.20am Hit and Run
Margaret Colin, Lisa Vidal
1998, rating Sky PG, 88 mins
1.55 Blown Away
Text *1992, rating Sky 18, 93 mins*
3.35 When Husbands Cheat
1997, rating Sky 15, 88 mins
5.10-6.50am Damnation Alley
1977, rating Sky PG, 87 mins

Anne Heche and Harrison Ford star in 'Six Days, Seven Nights'. Sky Box Office 3, see below

SKY CINEMA
PREMIUM CHANNEL

4.00pm The Fighting Seabees
John Wayne, Susan Hayward, Dennis O'Keefe, William Frawley
World War II heroics in which a group of American construction workers stationed in the Pacific area are shaped into a fighting unit fit to take on the might of the Japanese. *1944, rating Sky U, 95 mins*

6.00 Soldier of Fortune
Clark Gable, Susan Hayward, Gene Barry, Alex D'Arcy
Adventure story set in China, following a woman's search for her missing photographer husband. Unexpectedly, she happens to find unexpected help in the shape of a friendly mercenary. *1955, rating Sky PG, 92 mins*
7.55 Chariots of Fire
Ben Cross, Ian Charleson, Nigel Havers, Nick Farrell, Alice Krige, John Gielgud
Oscar-winning drama, based on fact, tracing the fortunes of two very different male athletes as they work their way from humble beginnings to the pinnacles of their sporting careers performing at the 1924 Olympics. *1981, rating Sky U, 118 mins*

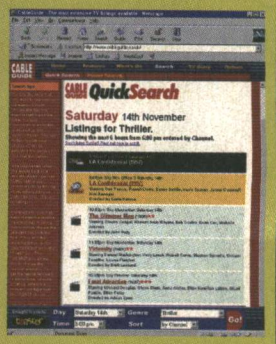
10.00 Zardoz
Sean Connery, Charlotte Rampling, John Alderton, Sara Kestelman
Science fiction movie in which a freedom fighter attempts to set his people free from the technology which keeps them in check. *1974, rating Sky 15, 102 mins*
11.50 The Fighting Seabees
John Wayne, Susan Hayward
1944, rating Sky U, 95 mins
1.30am Hollywood Aliens and Monsters
Text *1998, rating Sky 15, 97 mins*
3.15 Son of Paleface
1952, rating Sky PG, 91 mins
4.50-5.45am The Directors: The Films of Terry Gilliam

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Stratton Story
James Stewart, June Allyson, Frank Morgan, Agnes Moorehead, Bill Williams, Bruce Cowling
The story of a professional baseball pitcher whose rookie year seemed set to transform him into an all-American sporting hero – until a freak accident threatened to ruin his career. *1949, 103 mins*
11.15 The Wings of Eagles
John Wayne, Maureen O'Hara, Dan Dailey, Ward Bond
A biographical film about the naval aviator Frank 'Spig' Wead whose obsession with military aviation causes the breakdown of his marriage and eventual alienation from normal society. *1957, 110 mins*
1.15am Zigzag
George Kennedy, Anne Jackson
Edgy thriller. *1970, 104 mins*
3.15-4.55am The Stratton Story
Biopic. *1949, 103 mins*



WANT TO KNOW WHICH NEVE CAMPBELL FILMS ARE ON THIS MONTH? OUR NEW ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm South
This film is a unique record of Sir Ernest Shackleton's attempt to cross Antarctica in 1914. His ship was crushed in the ice, and the expedition set out on a voyage of survival. Made by Frank Hurley, the film is all the more remarkable because at one point, Hurley had to dive into icy waters to rescue film reels. *1919, 81 mins*

8.00 Edward Scissorhands
Johnny Depp, Vincent Price, Dianne West, Winona Ryder
Fairy-tale fantasy. Edward is a young man who was created by an inventor, but left with shears where his hands should be. He faces first fame then fury when he goes to live in the suburbs with a woman and her family, including a teenage daughter. *1990, 100 mins*

10.00 The Winter Guest
Phyllida Law, Emma Thompson
Alan Rickman's directorial debut is set in a bleak, snow-swept Scottish fishing village where four very different couples' relationships are observed, including a mother who tries to get close to her daughter – who happens to be Emma Thompson's real-life daughter. *1997, 105 mins*
12midnight Cold Fever
Masatoshi Nagase
1994, 81 mins
1.30am Fargo
Frances McDormand
1995, 94 mins
3.15 Salmonberries
1990, 91 mins
4.50-6.00am Project Moonbase
1953, 53 mins

MORNING
6.00 AM
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00
NIGHT TIME

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
LOST IN SPACE
High-energy space adventure. The earth is dying and one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt and Matt LeBlanc.
1997, Sky PG, 124 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
SIX DAYS, SEVEN NIGHTS
Romantic adventure in which a hard-boiled magazine editor becomes stranded on a desert island with a grouchy pilot. Stars Harrison Ford and Anne Heche.
1998, Sky 12, 98 mins
PLAYS AT 6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am and 4.00am

Sky Box Office 4
Channel 54
THE OBJECT OF MY AFFECTION
Romantic comedy about a young woman who, on discovering she is pregnant, persuades her homosexual flatmate to take on the role of husband and father in a union based on friendship alone. Stars Jennifer Aniston, Paul Rudd, Kali Rocha and Lena Cardwell.
1998, Sky 15, 107 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Wednesday 28 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Games World 7.45 Games World 8.00 The Simpsons Text
8.30 Pokémon 9.00 Godzilla
9.30 Shadow Raiders
10.00 Xena: Warrior Princess Text
11.00 Feature
11.30 The Nanny Text
12noon Newlywed Game
12.30pm Hollywood Squares
1.00 The Oprah Winfrey Show
2.00 Sally Jessy Raphael

3.00 Jenny Jones
Stop Being So Mean to My Goth Teen
Guests today are parents fed up that their children are bullied just because of their style of dress.
4.00 Guilty!
Guilty! tackles the crimes and misdemeanours committed by friends, lovers, families and colleagues.

5.00 Star Trek: Deep Space Nine
He Who is Without Sin
While on holiday, Worf meets a group bent on destroying the pleasure paradise. Text
6.00 Dream Team

6.30 Friends
The One with the East German Laundry Detergent
Rachel dates Ross. Text
7.00 The Simpsons
Wild Barts Can't Be Broken
Wiggum enforces a curfew. Text
7.30 The Simpsons
Old Man and the Lisa
Mr Burns loses his fortune.
8.00 Xena: Warrior Princess
Ten Little Warlords
King Sysiphus, escaped from the underworld, brings Xena and some warlords together. Text
9.00 The X-Files
Unruhe
Agents Mulder and Scully investigate the bizarre abduction of a young woman, where the only clue is a photo. Text
10.00 Dreamland
The investigation of Dreamland, America's top secret base, continues where it is believed that the US Government has in its possession UFOs. Text
11.00 Friends
The One with the East German Laundry Detergent
Ross dates Rachel. Text
11.30 Star Trek: Deep Space Nine
He Who Is Without Sin Text
12.30am The Chris Evans Breakfast Show
Join Chris and the team for an hour of madness and mayhem.
1.30 Law and Order
Briscoe and Logan realise a murder victim died as a result of a hit.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill
9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00 All Creatures Great and Small
2.00 Dallas
2.55 The Bill
The Mourning After
When a young man is stabbed, Morgan has to tell his family.
3.25 The Bill
Just Say No
Conway has to protect a witness.

3.55 EastEnders
Life and death decisions cause discord at the Fowlers.
4.30 Neighbours
Philip takes matters into his own hands over the man who tried to abduct Hannah.
5.00 Dynasty
Alexis plots her revenge on Blake when she calls in her one billion dollar loan and Sammy Jo and Amanda fight for Clay.

6.00 Bugs
Manna from Heaven
A new wonder food made from Brazilian algae is set to take the world by storm – but a rival is determined to stop its launch.
7.00 Last of the Summer Wine
Full Steam Behind
Comedy from the Pennines.
7.40 Dad's Army
Boots, Boots, Boots
The men learn the three Fs.
8.20 Only Fools and Horses
Go West Young Man
Del decides that he and Rodders have earned a night on the town.
9.00 Men Behaving Badly
Going Nowhere
Gary is quite happy to be stuck in a lift with Deborah.
9.40 Men Behaving Badly
People Behaving Irritatingly
Tony's nightmarish brother and girlfriend come to stay.
10.20 Hamish Macbeth
The Trouble with Rory
Hamish has to keep the peace when Esme starts a media campaign to rebuild a dilapidated and overcrowded school.
11.25 The Bill
The Mourning After
A young man is stabbed.
11.55 The Bill
Just Say No
12.25am Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
1.00 Colin's Sandwich
A Piece of Cake
1.30-2.30am Backup
Something for the Weekend

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Change of Heart
11.20 Ready, Steady, Cook
11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme featuring human interest stories, celebrities, fashion and beauty. Presented by Lorraine Kelly.

3.40 Maury Povich
Compelling and personal talk show dealing with various emotional conflicts, hosted by veteran broadcast journalist Maury Povich.
4.30 Home and Away

5.00 Change of Heart
Dating show in which partners meet their dream date.
5.30 The Dating Game

6.00 The Jerry Springer Show
American talk show in which Jerry Springer and his guests discuss relationships.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discuss relationships.
8.30 FILM: Deadly Desire
Jack Scalia, Kathryn Harrold, Will Patton, Joe Santo
A private security patrolman is seduced by a beautiful housewife while on his beat and ends up killing her husband, whom he believes to be a prowler. The housewife then mysteriously disappears and the patrolman findshimself in danger with the Mafia hot on his heels. *1991*
10.30 Sextasy!
Late-night raunchy fun presented by Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
Chop Shop
Victor Isbecki, working undercover, has his cover blown due to Christine Cagney, with dangerous consequences.
4.00 Minder
A Nice Little Wine Comedy
Arthur buys some cut-price wine but things turn sour when his £1,500 contact disappears and he becomes the prime suspect.
5.00 Charlie's Angels
Angels in a Box
Farrah Fawcett-Majors returns for a guest appearance when her sister Kris is kidnapped in an attempt to lure her into a trap.
6.00 Emmerdale
Kincaid seeks holiday advice.
6.30 Classic Coronation Street
Stan is suspicious that Trevor wants something.
7.00 Rising Damp
The Perfect Gentleman
A new resident moves in.
7.30 The Two of Us
Career Development
Ashley seeks a new job.
8.00 Minder
A Nice Little Wine
Arthur buys some cut-price wine but things turn sour when his contact disappears and he finds himself the prime suspect.
9.00 Cagney and Lacey
Chop Shop
American police drama.
10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Babewatch UK
Emma heads off to Soho and Jo goes to London Fashion Week.
11.30 V.P.L.
Alternative fashion programme, presented by Francine Lewis.
12midnight Lady Lust's Football Feva
Teresa May looks at football.
1.00am Talking Dirty
Fly-on-the-wall series about sex.
1.20 Lady Lust's Lovelies
Teresa May and a bevy of beauties.
1.30-2.00am Bigger Better Battling Babes
Babes in grapple in the ring.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 Timon and Pumbaa 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Toon 1.30 FILM: Aladdin & The King of Thieves
Robin Williams, Scott Weinger
Fantasy adventure. *1995*
3.00 The Little Mermaid
Undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Innovative show presented by Neil Buchanan. Text
4.00 101 Dalmatians
Tick Track Toe/Lucky All-Star Tick Track Toe Text
4.30 Hercules: The TV Show
Aetolian Amphora Text
5.00 Recess
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
Front Page
Jett isn't in the football team. Text
6.00 Smart Guy
TJ's a smart kid who jumps six grades. Text
6.30 Boy Meets World
Honesty Night
Cory fools Shawn. Text
7.00 FILM: Murder She Purred: A Mrs Murphy Mystery
Blythe Danner, Anthony Clark
Mary Minor Haristeen is the mystery-solving postmistress of a small Virginia town, who owns two remarkable pets. *1998* Text
8.25 Honey, I Shrunk the Kids: TV Show
Honey, I Know What You're Thinking Text
9.10 So Weird
Fiona Phillips has an obsession for all things weird.
9.35 Bone Chillers
A fright fest with a broad streak of humour. Text
10.00 Home Improvement
The Naked Truth Text
10.30 Flipper Text
11.15-12midnight Eyewitness

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Fargo
FilmFour 1.30am
This deviously scripted, snowbound shaggy dog tale, which masquerades as a true story, rates as one of the quirkiest and most original of recent crime films. The Oscar-winning Frances McDormand dominates as a pregnant police chief on the trail of murderers.

GENERAL

The Twilight Zone
Sci-Fi 12noon
This intelligently written and hugely influential series, whose 156 episodes ran from 1959 to 1964, used the sci-fi and fantasy genres to tackle such adult themes as racism, religion and Cold War paranoia. Today's double bill is *The Old Man in the Cave* and *Uncle Simon*.

ADVERTISEMENT
UK GOLD

MEN BEHAVING BADLY 9.00PM
Crack open the cans, order a curry and settle down in front of the telly for a double serving of Gary and Tony – everybody's favourite slobs – in tonight's double bill.

Wednesday 28 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Swimming – LIVE
9.30 Golf
10.30 Swimming – LIVE
11.30 Sailing
12noon Swimming – LIVE
Coverage of the European Championships in Istanbul.
12.45pm Tennis – LIVE
Action from the ATP Tournament in Kitzbühel.
2.30 Swimming
2.45 Swimming – LIVE
Coverage of the European Championships in Istanbul.

3.00 PM

4.00 PM

4.00 Swimming
The latest from the European Championships in Istanbul.
4.45 Tennis
Action from the ATP Tournament held in Kitzbühel, Austria.
5.45
Start Your Engines
Coverage of the latest Indy Racing League.

5.00 PM

6.00 PM

6.45 Tractor Pulling
The ultimate strength test.

7.00 PM

7.45 Football – LIVE
Coverage of the Champions League qualifying rounds.

8.00 PM

9.00 PM

9.45 Swimming
Coverage of the European Championships taking place in Istanbul.

10.00 PM

11.00 PM

11.00
Start Your Engines
Covering the latest Indy Racing League.

12.00 NIGHT TIME

12midnight-12.30am
Truck Sports
Coverage of the FIA European Truck Racing Cup at the Nürburgring.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sports Centre 7.15 World Wrestling Federation – Live Wire 8.15 Sky Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Netbusters: FA Cup 10.00 Rugby League Academy 11.00 Golf: Mastercard Tour – East Lothian Classic 12noon Aerobics Oz Style 12.30pm Fastrax 1.00 Premier Snooker League

3.00 Extreme Sailing
Nautical action.
3.30 Wheelbase: Wheelbase Club
everything you need to know about British motorsport and more.

4.30 V-Max
Strap on your seatbelts, sit back and prepare for the ride of your life.

5.00 World Wrestling Federation – Shotgun
Catch the World Wrestling Federation at its best, as Michael Cole and Kevin Kelly provide the news.
6.00
Sky Sports Centre
6.30
Netbusters: FA Cup
All the best goals from last season's FA Cup.
7.00
Rugby League World
The programme that keeps you up-to-date with all the latest rugby league developments around the world, from the battlefields of the Super League to the intensity of the Australian National Rugby League.
8.30 Cricket: Nat West Trophy Quarter-Final
Highlights from the NatWest trophy quarter-finals. Lancashire won the competition at Lord's in 1998 and are one of the favourites to repeat the feat in 1999.
10.30
Sky Sports Centre
The latest sports news.
10.45 Golf Extra
Essential viewing for golfing enthusiasts or those who would simply like to know more about the game. This programme offers a comprehensive round-up of all the significant action.
12.45am Sky Sports Centre
All the latest sports news.
1.00 World Motocross Championship
1.30 Rugby League World
3.00-3.15am
Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style 7.30 Sky Sports Centre 7.45 Racing News 8.15 Asian Sports Show 8.45 Sky Sports Centre 9.00 Xtreme: Sports Unlimited 10.00 Soccer Extra: October Review 1.00pm Darts: World Matchplay – LIVE
Action from the exhilarating PDC World Matchplay. Former world champions Dennis Priestley, Eric Bristow and of course, the current holder, Phil Taylor, are all competing at the Winter Gardens in Blackpool in one of the top events in the darts calendar. World number one Rod Harrington is the defending champion.

5.00 World Motocross Championship
A round-up of all the latest action.
5.30
Netbusters: FA Cup
6.00 Xtreme: Black Diamond Sports

7.00 Darts: World Matchplay – LIVE
Further action from the third day's play in the PDC World Matchplay. The world's top 32 darts players are looking for a place in the quarter-final at the majestic Winter Gardens in Blackpool.

11.00 Soccer Extra: October Review
The show that keeps you up to date on latest developments in the football world. Presented by Matthew Lorenzo.
2.00am Xtreme: Black Diamond Sports
3.00 Speedway: Elite Speedway League
Two more teams fight it out.
5.30-5.45am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

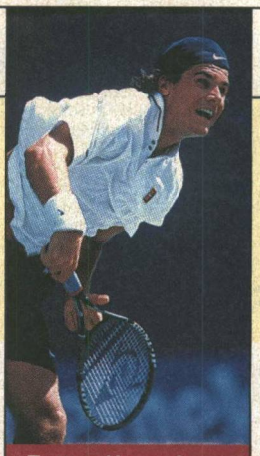
12noon World Wrestling Federation – Shotgun
Catch the World Wrestling Federation at its best, as Michael Cole and Kevin Kelly provide up-to-the-minute news.
1.00pm
Xtreme: Sports Unlimited
2.00 Superbouts: Foreman v Coetzer
Classic boxing action.

3.00 Brian Moore Interviews
Interview with a sporting legend.
3.30 Golf Extra
Essential viewing for golfing enthusiasts or those who would simply like to know more about the game, this programme offers a comprehensive round-up of all the significant action from the fairways.
5.30 European Tour Weekly
An essential round-up of Euro Tour Golf.
6.00 The Winning Post: Doncaster/ Epsom – LIVE
Jeff Stelling presents the action from the meetings at Doncaster and Epsom.

7.30 Speedway: Elite Speedway League – LIVE
Belle Vue and Oxford fight it out in another action-packed night of top class cinder track racing as the Elite Speedway League season reaches a crescendo.

10.00-11.30pm
FA Cup Classics: Liverpool v Everton
Andy Gray presents action from the classic Merseyside derby final from 1986. Was it the red or the blue half of the city that was celebrating after 90 minutes?

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210



Tommy Haas of Germany plays for a share of the $535,000 at the ATP, Kitzbühel. Eurosport 12.45pm – Live

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
The latest developments.
6.30
Junior Masterfan
Fun-packed quiz show.
7.00
Talk of the Devils
Journalists and fans debate the latest developments from one of the world's biggest clubs.
8.00 Red Hot News
All the latest developments from one of the world's biggest football clubs.
8.30 Super Match – Premier Classic

9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
10.30 Red Hot News
The show that rounds up all the latest developments from Old Trafford.

11.00 Red Legends
Household names from the past track down their former team-mates.
11.30-12midnight
Reds on the Green

SCI-FI
ACTION PACK

7.30am Bloomberg TV 8.00 The Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 12.30pm The Twilight Zone 1.00 The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
The Super Scouts
A Galactican shuttle-craft filled with children is attacked by the Cylons.
4.00
The Incredible Hulk
Free Fall
When an old feud reaches boiling point, David Banner is sent falling to the ground.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00
The Invisible Man
Go Directly to Jail
A cleaning woman has no place to go for help in an alleged frame-up.
7.00 The Six Million Dollar Man
To Catch the Eagle
Two OSI scientists disappear in Apache territory.
8.00 The Net
Kill the Buddha
Witnessing a friend's kidnapping and murder threatens to jeopardise Angela's anonymity.
9.00 Dark Skies
We Shall Overcome
Science-fiction thriller series set in sixties US against a backdrop of political intrigue.
10.00 FILM: Species
Ben Kingsley, Michael Madsen, Forest Whittaker
In 1974 scientists mixed extraterestrial DNA with human DNA to create a new species. The creature, now a young girl, escapes and mutates into a beautiful young woman intent on seducing unknowing men. *1995*
12midnight
PSI Factor – Chronicles of the Paranormal
Changó
1.00am FILM: Automatic
Olivier Gruner
Sci-fi action. *1994*
2.40 Sci-Focus Special
3.00-4.00am Dark Shadows

LIVE
TENNIS: ATP, KITZBÜHEL
EUROSPORT 12.45PM

If you like nail-biting rallies and baseline tennis then the ATP, Kitzbühel from Austria is the tournament for you. This well-known ski resort provides the backdrop for the ATP Tour circus which pitches up from today. Once again the European challenge will be hard to beat on these slow clay courts, and defending champion Albert Costa of Spain, who took last year's title in a five-set thriller, will face fierce competition from the likes of Tommy Haas. The prize money is $535,000.

ITV2
ACCESS PACK

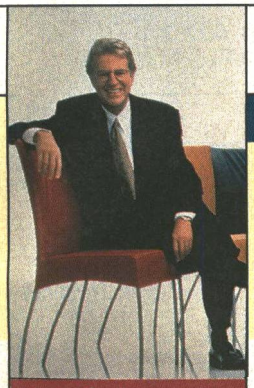
4.00pm Trisha
Trisha Goddard shares heartwarming and hair-raising true stories with a studio audience.
5.05 The Mix
A weekly rundown of charts, gossip and interviews.
6.05 Snap
Slanging Rhyme
Children's drama series about a disorganised photographer and his long-suffering son.
6.30 Life's a Beach
8.30 Sport Zone: MTB
9.00 Babes in the Wood
Sitcom about a divorced wheeler-dealer who lives next to three feisty girls in fashionable St John's Wood. Stars Karl Howman, Samantha Janus, Denise Van Outen, Natalie Walter.
9.30 Godfathers
10.00 The People's Vets
10.30 Drivers from Hell
Documentary series.
11.00 Coronation Street
Manchester soap opera.
11.30 Emmerdale
The dramas of day-to-day life in a Yorkshire village.
12midnight
Bedrock
An hour of fun with celebrity guests and music.
1.00am Wide Angle
Katie Derham looks at the week's news.
1.30-2.00am Trevor McDonald Meets...

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Adult Feature
12.20
FILM: The Garden Party
Adult feature.
1.40 FILM: Adult Feature
The girls go with the plastic once more.
2.50-4.00am
FILM: Airotica

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Wednesday 28 July



Jerry Springer gets students to confess in 'Springer Break – Fantasies'. MTV 10.30pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Cross Wits
With Tom O'Connor.
5.45
The Games Room
6.00 Family Fortunes
Hosted by Les Dennis.
6.30
The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15
The Games Room
7.25 Whittle
7.55
The Crystal Maze
The programme with a collection of mental and physical challenges which take the team through four zones. Presented by Richard O'Brien.
9.00
The Games Room
9.15
Stars in Their Eyes
9.45
The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the trendy world of entertainment in this late-night quiz.
11.00
Celebrity TV Bloopers
The mistakes that the celebrities hoped you would never see, exposed in all their uncut glory.
12midnight
Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible
3.30 Blockbusters
4.00 Fifteen to One
4.30 Give Us a Clue
5.00-6.00am Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE
6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Indecent Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Judge Judy 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat
3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30
Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30
The Fashion Show
Review of catwalk trends.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do on their last day on Earth.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.
11.30
Strip Masterbrain
11.45 Janeycam
12midnight Compromising Situations 12.30am Private Dancer 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Strip Masterbrain 2.15 Janeycam 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files
● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen 10.00 From the Ground Up 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 Green Gourmet 12noon Food Network 12.30pm A Year at Ballymaloe 1.00 Coxon's Kitchen College 1.30 Passion for Flavour 2.00 Newman Meets 2.30 Food Network 3.00 United Tastes of America 3.30 Aldo and Friends 4.00 A to Z of Food and Beauty *Make-Up and Massage* **4.30-5.00pm Simply Baking**

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Food Terminology
5.30 Get Smart
Snoopy Smart v the Red Baron
6.00 I Spy
Honourable Assassins
Our two heroes aid a pair of fleeing Moroccans. Starring Bill Cosby and Robert Culp.
7.00 Boon
Trial and Error
Ken lands himself in trouble when he tries to help a group of tenants who are being evicted.
8.00 Motorway
A drink-driver is involved in a horrific crash.
8.30 Superchefs
Aldo Zilli v Stephen Nash
With Penny Smith.
9.00 Soldier, Soldier
Shifting Sands
Rivalry with the local Kiwis threatens to get out of hand – as does Sergeant Wilton's private life.
10.00 Pie in the Sky
Money Talks
Beleaguered Henry Crabbe faces an under-staffed kitchen at his restaurant *Pie in the Sky*.
11.00
Hill Street Blues
Santaclaustrophobia
It's Christmas Eve on the Hill, but holiday cheer is in short supply.
12midnight-1.00am I Spy
Sixties drama series about a pair of laid-back US espionage agents.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
Two animal-related cases.
12.30pm Judge Wapner's Animal Court
Judge Wapner presides over two animal-related cases.
1.00 Hollywood Safari
Dreams
2.00 Giants of the Deep
A scientist studies whales in the south Atlantic.
3.00 The Mystery of the Blue Whale
Following the efforts of researchers to trace the blue whale's migration patterns.
4.00
The Blue Beyond
The Lost Ocean
A look at the work of a conservation team hoping to free a captive dolphin.
5.00 Wildlife SOS
Donald the duck has a check up and bath.
5.30 Wildlife SOS
A baby hedgehog has breathing difficulties.
6.00 Harry's Practice
A look at the work of vet Harry Cooper in his practice in Tasmania.
6.30 Harry's Practice
With Harry Cooper.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
Cases of animal cruelty dealt with by the RSPCA.
8.00 Judge Wapner's Animal Court
The judge presides over two animal-related cases.
8.30 Judge Wapner's Animal Court
9.00 Country Vets
Behind the scenes with vets in the country.
9.30 Vet School
Following the lives of student vets.
10.00 Vet School
Following students from Cambridge University's veterinary school.
10.30 Vet School
More student dramas.
11.00-12midnight Kenya's Killers
A focus on the beautiful and fearsome animals that live in the Musiara marsh in the heart of Kenya.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Now Get Out of That 7.30 Old, Dirty and Late 8.30 Esther 9.05 Supernatural Science 10.00 Supernatural Science 11.00 Supernatural Science 12noon Lion Country 12.30pm Animal Hospital 1.00 Mysteries with Carol Vorderman 1.30 Mysteries with Carol Vorderman 2.00 Tomorrow's World Plus
3.00 Nannies
A pair of practising solicitors set a series of testing questions to find the perfect nanny, but the results are a surprise.
4.00 Pleasure Beach
Docu-soap from Blackpool.
4.30 Esther
Rock Bottom
Those who have struggled against adversity.
5.00 Lion Country
Behind the scenes at the stately home of Longleat.
5.30 Birds in Black
Nature series. A profile of the raven.
6.00 Columbus and the Age of Discovery
The Crossing
A reconstruction of Columbus's historic transatlantic crossing.
7.00
The Human Body
Brain Power
This programme examines the human brain with extraordinary footage.
8.00 Supersense
Making Sense
A look at the secret sensory world of animals.
8.30 Animal Hospital
With Rolf Harris.
9.00 Chimpanzee Challenge with Nicholas Lyndhurst
The actor helps return a group of chimps to their natural habitat.
10.00
Pleasure Beach
Behind the scenes of Blackpool Pleasure Beach.
10.35 Living with the Enemy
11.05 Robot Wars
11.35 Karnak – A Hidden History
12.30am-1.00am
UFO Diaries
NASA and UFOs

UK PLAY:
1.00am Game On 1.35 Podge and Rodge 1.45 Lucas and Walliams in Rock Profile 2.15 Flatmates 2.45 Funny Noise 3.15 Jamie Theakston's Pick 'n' Mix 3.45 The Phone Zone 5.30 The Sound of Play 6.00 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Fashion Livetime 7.50 Passions 8.00 View 8.50 Passions 9.00 Simply Greek 9.30 Craftwork 10.00 Intimate Portrait 10.30 Behind the Velvet Ropes 11.00 Rosemary Conley's Low Fat Cook Book 11.30 Gardeners' Diary 12noon Montel Williams 1.00pm Health Livetime 2.00 The View
3.00 Health Livetime
A look at conventional treatments and alternative remedies, plus all your health queries answered by doctor Chris Steele.
4.00 The Montel Williams Show
It's Time to Meet My Parents
Award-winning chat show from the US.
5.00
Gardeners' Diary
5.30-6.00pm
Rosemary Conley's Low-Fat Cook Book

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Hunts of the Dolphin King
Dolphins that are actually merciless killers.
7.30
Hunters on the Wing
8.00 Blind Leading the Blind
Join four Australian backpackers, two of them blind, as they set out on an epic adventure.
9.00 Passionate People: The Man Who Saved the Animals
A look at the life of leading conservationist, Richard Leakey.
10.00 Passionate People: Learning from the Great Apes
Discover how primatologists learn from the work of Dian Fossey.
11.00 The Mystery of Genius: Facets of Brilliance
Explore genius in all of its forms, including athletic, scientific and artistic ability.
12midnight
Lifeboat: By Invitation Only
A look at the first female crew member in the history of the Salcombe lifeboat.
12.30am-1.00am
Race for the Palio
A look at the bareback horse race in Sienna, Italy.

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview
10.05 Eden
10.30 Women of South Beach
12midnight Freeview
12.10am Filthy First Timers
12.35 Suburban Sex Secrets
12.50 FILM: Blaze
2.05 Lap It Up
2.25 FILM: Kissing Kaylan
Kaylan Nicole
Racy comedy.
3.40-4.00am Real Wives

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits
9.00 Bytesize MTV
11.00 brand:new
Music show presented by Zane Lowe.
12noon Mad 4 Hits
2.00pm European Top 20
Catch the videos to the top chart singles.
3.00 Bytesize MTV
4.00 Select MTV
Viewers have the opportunity to make their own musical choices.
6.00 Bytesize MTV
7.00 brand:new
8.00 The Lick R&B Chart Show
9.00 Daily Edition
9.30 Artist Cut
Artists get the chance to talk about the ideas behind their videos.
10.00 MTV Live
10.30 Springer Break – Fantasies
NEW Jerry Springer gets college holidaymakers in Cancun, Mexico, to reveal their innermost fantasies.
11.00 Mad 4 Hits
12midnight Yo!
1.00am MTV LIVE
1.30 Springer Break – Fantasies
2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Catherine Zeta Jones 1.00pm Greatest Hits of... Wet Wet Wet 1.30 Pop-Up Video 2.00 Jukebox 4.30 Talk Music 5.00 VH1 Live 6.00 Greatest Hits of... Wet Wet Wet 6.30 VH1 Hits 10.00 The Millennium Classic Years: 1978 11.00 Gail Porter's Big 90s 12midnight VH1 Flipside 1.00am Around & Around 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 The Antiques Inspectors 11.00 The House Detectives 11.30 Moving People 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 A Taste of Africa 2.00 Style Street 2.30 How Does Your Garden Grow? 3.30 Travel Show Guides 4.00 Travel Show Guides 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Looking Good 9.30 Good Living 10.00 Home Front 10.30 The House Detectives 11.00 Garden Stories 11.30 Growing Places 12midnight Gardeners' World 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Wednesday 28 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00 AM
6.00am Joy of Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 Our House Down Under 11.00 In the Workshop 11.30 Fishing with Henry 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm The Dirt Detective

3.00 PM
DISCOVERY
WORLD PACK

4.00 PM
4.00pm Rex Hunt's Fishing Adventures
Fantasy fishing for the ardent angler.
4.30 Walker's World
Arkansas

5.00 PM
5.00 Classic Trucks
John Peel tells the story of commercial vehicles.
5.30 Treasure Hunters
Fire in the Stone

6.00 PM
6.00 Zoo Story
Join the staff and visitors to London Zoo.
6.30 The World of Nature
Island of the Dragons
A look at the island chain of Indonesia, the home of the Komodo dragons.
7.30 Great Escapes
Flight for Their Lives
True story.

8.00 PM
8.00 Wonders of Weather
Tornado
8.30 Wonders of Weather
Wind and Waves

9.00 PM
9.00 The Andes
Life in the Sky
An investigation of the precipitous peaks in search of mysterious and ancient treasures.

10.00 PM
10.00 Planet Ocean
Into the Abyss
An exploration of the overwhelming magnitude of the world's vast moving sea floors.

11.00 PM
11.00 Wings
Guardians of the Night
A look at the Apache, the ultimate attack helicopter that cracked the Iraqi air defence shell.

12.00 NIGHT TIME
12midnight Egypt
Chaos and Kings
New series on the civilisation of ancient Egypt.
1.00am Classic Trucks
John Peel tells the story of commercial vehicles.
1.30-2.00am Treasure Hunters

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino Junior High 8.00 Looney Tunes 8.30 The Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12.00 Ed, Edd 'n' Eddy 12.30pm Animaniacs 1.00 Ed, Edd 'n' Eddy 1.30 2 Stupid Dogs 2.00 Ed, Edd 'n' Eddy 2.30 The Powerpuff Girls

3.00 Ed, Edd 'n' Eddy
Adolescent adventures with the three friends.
3.30 The Sylvester and Tweety Mysteries
Cartoon fun.
4.00 Ed, Edd 'n' Eddy
Adolescent adventures.
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Ed, Edd 'n' Eddy
Adolescent adventures.
5.30 Cow and Chicken
Madcap antics with the mismatched siblings.
6.00 Ed, Edd 'n' Eddy
Adolescent adventures.
6.30 The Flintstones
Prehistoric men behaving badly – but they have big hearts in their loincloths.
7.00 Tom and Jerry
Animated antics with the constantly sparring cat and mouse duo.
7.30 Looney Tunes
Classic cartoons.
8.00 Cartoon Cartoons
On-line super heroics.
8.30-9.00pm Freakazoid!

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blues Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog

3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Single White Teenager
7.30 Jenny
More mayhem with Jenny.
8.00 Desmond's
Classic barber's shop comedy set in Peckham.
8.30 Mad About You
Jamie's new client is a former TV star.
9.00 Ellen
Trick or Treat – Who Cares
9.30 Spin City
Snow Bound
A major snowstorm hits Manhattan.
10.00 Frasier
Frasier and Niles deal with Martin's new girlfriend.
10.30 Cheers
John Cleese stops by Cheers for a drink.
11.00 Dressing for Breakfast
Comedy about a single girl looking for Mr Right.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Donkey Kong Country or Masked Rider 2.15pm The Incredible Hulk 2.40 Masked Rider

3.05 X-Men
Human vs mutant conflict.
3.30 Summer X-Press
3.35 Spiderman
Super-heroics with Peter Parker, alias Spiderman.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher take on the enemy: adults!
5.30 Ace Ventura
Animated adventures.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
A round-up of the latest best-sellers on Shop!
7.00 Bargain Shop!
7.30 Jewellery Box
Stunning jewellery designs.
8.30 Branded!
Casual fashion.
9.30 Fitness Zone
More equipment and advice for effective exercise.
10.00 Beauty Secrets
Salon secrets.
11.00 The Gold Collection
Stunning jewellery.
12noon Cook's Den
Gourmet gadgets.
1.00pm Bargain Shop!
Today's great offers at bargain prices!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 The Gift Store
Present problems solved.
3.00 Travel Bag
An hour of travel essentials for summer holidays.
4.00 Collectors' Shop!
5.00 Shop! Selection
Round-up of the best-sellers on Shop!
6.00 Beauty Secrets
Salon secrets.
7.00-8.00pm Travel Bag
An hour of travel essentials for summer holidays.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.00 News 8.00 News 9.00 News 9.30 World Today 10.00 News 11.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 World Today 3.00 News 4.00 News 5.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 World Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Business Unusual 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Style 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
3.00pm News on the Hour
5.00 Live at Five
8.30 Sky Business Report
9.30 Fox Files
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Global Village
4.30 Fashion TV
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal Télévisé 7.30 Funambule 8.00 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé 9.15 Les Cœurs Brûlés 11.00 Infos 11.05 Voilà Paris 11.30 Journal Télévisé 12noon Infos 12.05pm Passe-Moi les Jumelles 1.00 Journal Télévisé 1.15 Les Cœurs Brûlés 3.00 Journal Télévisé 3.15 Questions 3.30 Grands Gourmands 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé 5.15 Les Cœurs Brûlés 7.00 Journal Télévisé 7.30 Journal Télévisé 8.00 Infos 8.05 Magazine Belge 9.00 Journal Télévisé 9.15 Jasmine 10.15 Splendeurs Naturelles d'Europe 11.00 Journal Télévisé Belge 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Kathar Sagar 8.30 Jai Veer Hanuman 9.00 FILM 11.30 News 12noon Balcony 12.30pm Suzhal 1.00 Sansar 1.30 FILM 4.00 Turning Point 4.30 Mahanagar 5.00 Ghar, Galiyan Aur Raaste 6.00 Edit 6.30 Asianet Aur Aap 7.00 Sansar 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Balcony 12.30am Asianet Aur Aap 1.00 FILM 4.00 Mahanagar 4.30 A Mouthful of Sky 5.00 Sansar 5.30 Mumkin 6.00 Turning Point 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Jaagran 7.00 Faith: Christian 7.30 Daily News 8.00 Namaste India 8.30 Tara 9.00 Rishtey: The Love Stories 10.00 Dhoop Kinarey 11.00 Khoobsurat 11.30 Parampara 12noon FILM 3.00pm Do Aur Do Paanch 3.30 Hip Hip Hurray 4.00 Filmi Chakkar 4.30 Cross Fire 5.00 Jungle Book 5.30 Hasratein 6.00 Classics of Sa Re Ga Ma 7.00 Baat Ban Jaye 7.30 Banegi Apni Baat 8.00 News Bulletin 8.30 Amanat 9.00 Deewanagi 10.00 Knock Knock Kaun Hai 10.30 Woh 11.00 Purush Kshetra 12midnight News Bulletin 12.30am Pakistan Business Week 1.00 Hasratein 1.30 Parivartan 2.00 FILM: Retival Kuruni 5.00 Filmi Deewane 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Let the Fire Burn 5.30 7 a Vivre 6.00 Life is for Living/Hillsong 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Revival Now 9.00 Another Day of Victory 9.30 Rick Joyner 10.00 Dr AR Bernard 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.15am Bloomberg Money 3.24 Sports 3.27am Weather

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 Record 7.30 Select Committees 9.30 House of Commons 2.00pm Recess 3.00 PM's Questions 11.00 Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon Secrets at Delphi
12.55pm Photos for the Future
1.00 Edward Windsor Presents...
Brighton and Lewes
1.30 The Loch Ness Monster
2.00 Biography
JFK: A Personal Story
3.00 World War I
3.30 Men in Crisis
4.00 Clash of Wings
5.00 Classic Cars
6.00 The Sunken City
6.55 Photos for the Future
7.00 Edward Windsor Presents...
Sutton Hoo
7.30 King Arthur
Profile of the semi-mythical Briton king.
8.00 Biography
JFK: A Personal Story
9.00 World War I
Tipperary and All that Jazz
9.30-10.00pm Men in Crisis
Nasser vs Ben-Gurion

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Aya Azrielant's Designer Gold Collection at 12noon.

CABLE CHECK
Some of the channels listed may not be available in your area

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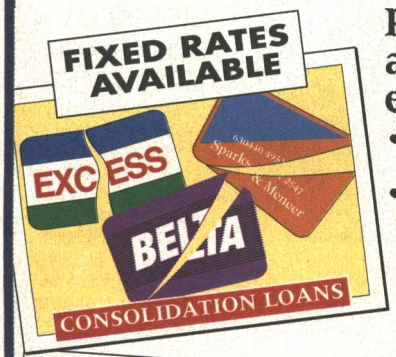

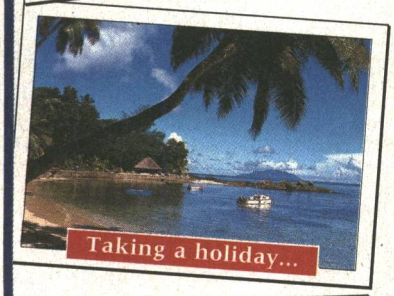

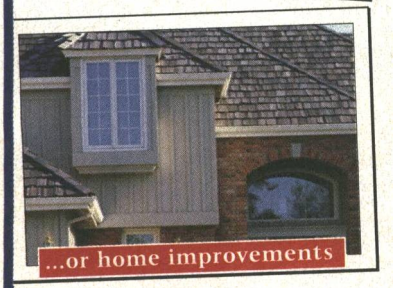

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£30,000	244.41	297.89	374.21			
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£30,000	263.45	314.43	389.25	631.00	239.10	
£25,000	219.54	262.03	324.38	525.83	199.25	
£20,000	175.63	209.62	259.50	420.67	159.40	
£17,000	165.64	192.37	233.41	368.95	154.70	11.4%
£15,000	146.16	169.74	205.95	325.54	136.50	
£12,000	116.93	135.79	164.76	260.44	109.20	
£10,000	97.44	113.16	137.30	217.03	91.00	
£8,500	91.27	103.53	123.32	190.27	86.96	12.9%
£7,500	80.53	91.35	108.81	167.89	76.73	
£6,000	64.43	73.08	87.05	134.31	61.38	
£5,000	53.69	60.90	72.54	111.93	51.15	

Typical example: £12,000 x 60 mths @ £260.44/mth. Total Cost £15,626.40. APR 11.4% (VARIABLE)

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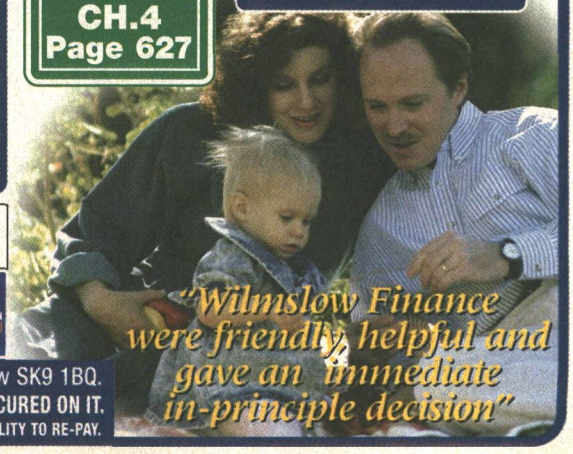

IMPORTANT ADVICE: Always check the small print on other adverts. We charge no fees on the advertised plans in the repayment box. We will match any genuine advertised rate. All loans are placed through National Banks & Finance Houses & dealt with by post – you're under no obligation when you phone.

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Thursday 29 July

SKY PREMIER
PREMIUM CHANNEL

6.20am The Swan Princess: The Secret of the Castle
1997, rating Sky U, 68 mins
8.00 The Second Jungle Book: Mowgli and Baloo
Text *1997, rating Sky PG, 86 mins*
10.00 Jingle All the Way
Text *1996, rating Sky PG, 86 mins*
12noon Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong
1997, rating Sky PG, 130 mins
2.15pm Big
Tom Hanks, Elizabeth Perkins, John Heard, Jared Rushton
Good-natured family comedy about a young boy who wakes up one morning as a pre-teen boy in a fully-grown man's body. *1988, rating Sky PG, 99 mins*

4.00 The Second Jungle Book: Mowgli and Baloo
Jamie Williams, Bill Campbell, Roddy McDowall
Live action based on the characters in Kipling's classic novel. Mowgli struggles to find a place in the human world and avoid a circus manager who wants to put him in the circus as one of the attractions. Text *1997, rating Sky PG, 86 mins*

6.00 Jingle All the Way
Arnold Schwarzenegger, Sinbad, Phil Hartman, Rita Wilson
Christmas comedy featuring every parent's nightmare – the hunt for the most popular toy of the year. A businessman finds everywhere has sold out, so he is forced to go on a frantic search across town. Text *1996, rating Sky PG, DS, 86 mins*
7.45 Seven Years in Tibet
Brad Pitt, David Thewlis, BD Wong, Lhakpa Tsamchoe
Drama based on the true story of an Austrian mountain-climber who travels to the hauntingly beautiful and utterly alien civilisation of 1940s Tibet. He meets the previously isolated and voraciously curious Dalai Lama, a 14-year-old considered a god in his own land. *1997, rating Sky PG, 130 mins*

10.00
Barry Norman's Film Night
Barry Norman delivers more of his own brand of movie news.
10.30 The Godfather
Marlon Brando, Al Pacino, James Caan, Robert Duvall
The multi-Oscar-winning drama about a Mafia family and the shockwaves that run through New York's crime community when its head dies and is succeeded by his son. Text *1972, rating Sky 15, 168 mins*
1.30am The Crucible
Daniel Day-Lewis, Winona Ryder
Screen version of Arthur Miller's play about the Salem witch hunts. Text *1996, rating Sky 12, 118 mins*
3.35-5.30am Defenseless
Barbara Hershey, Sam Shepard
Text *1990, rating Sky 18, 100 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

7.00am Heart Full of Rain
1997, rating Sky PG, 87 mins
9.00 Danielle Steel's Palomino
Lindsay Frost, Lee Horsley
Romantic drama. *1991, 91 mins*
11.00 The First Wives Club
Goldie Hawn, Bette Midler
Text *1996, rating Sky PG, 98 mins*
1.00pm Take Your Best Shot
Robert Urich, Jeffrey Tambor
Comedy about an out-of-work actor. *1982, rating Sky PG, 92 mins*

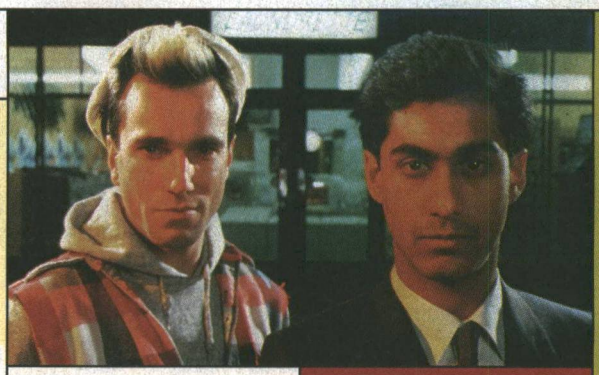
3.00 Heart Full of Rain
Rick Schroder, Richard Crenna, Carroll Baker, Kim Dickens
Drama about a prodigal son who returns to the family farm after a six year absence. At first the family is reluctant to welcome him back, but then the family home comes under threat from floods. Can they find it in their hearts to forgive their errant son? *1997, rating Sky PG, 87 mins*

5.00
Danielle Steel's Palomino
Lindsay Frost, Lee Horsley, Eva Marie Saint, Rod Taylor
Screen adaptation of Danielle Steel's passionate tale. A female photographer is not as lucky in romance as she is in her career. When a riding accident leaves her paralysed, she finally discovers true love. *1991, rating Sky, 91 mins*

7.00 The First Wives Club
Goldie Hawn, Bette Midler, Diane Keaton, Maggie Smith
Comedy. Three women who have been dumped by their successful husbands in favour of younger, more attractive women, form 'The First Wives' Club' and decide to get even with the male philanderers. Text *1996, rating Sky PG, 98 mins*

9.00 Shadow Warriors: Assault on Devil's Island
Hulk Hogan, Carl Weathers
Action movie. A group of US Navy SEALs and a gorgeous, bikini-clad DEA agent are charged with rescuing a group of American gymnasts who are being held against their will in the notorious French prison, Devil's Island. *1997, rating Sky 15, 96 mins*

11.00 Cape Fear
Robert De Niro, Nick Nolte, Jessica Lange, Juliette Lewis
Martin Scorsese remake of the classic 1962 thriller. A pyschopath is let out of prison after 14 years intent on revenge. *1991, rating Sky 18, 122 mins*
1.05am Phoenix II
Last Play *1996, rating Sky 18, 87 mins*
2.35 False Pretense
Eric Roberts, Jacob Tierney
1997, rating Sky 15, 89 mins
4.10-5.45am Silent Lies
1996, rating Sky 18, 84 mins



Daniel Day-Lewis and Gordon Warnecke star in 'My Beautiful Laundrette'. FilmFour 8.15pm

SKY CINEMA
PREMIUM CHANNEL

4.00pm Back to Bataan
John Wayne, Anthony Quinn, Beulah Bondi, Leonard Strong
World War II action. An American colonel stays behind in the Philippines when the Japanese capture Bataan, mobilising the local guerilla forces into an effective resistance movement and leading them to victory. Text *1945, rating Sky PG, 87 mins*

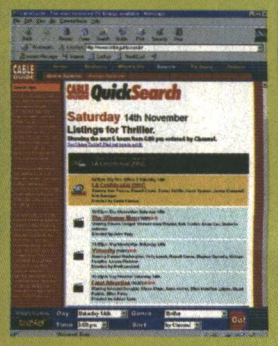
6.00 Private Hell 36
Ida Lupino, Howard Duff, Steve Cochran, Dean Jagger
Thriller about a pair of corrupt cops who decide to keep the stolen money they have been searching for, but who then begin to regret their decision. *1954, rating Sky PG, 77 mins*
7.30 Howards End
Emma Thompson, Vanessa Redgrave, Anthony Hopkins
Lavish, Oscar-laden period drama about two very different families whose worlds collide in the early part of the 20th century. The emotional, intellectual Schlegels find their values are being superceded by those of the confident, mercantile Wilcox family, who have, however, some dark secrets of their own.
Widescreen Text *1992, rating Sky PG, 136 mins*
10.00 Wild At Heart
Nicolas Cage, Laura Dern, Diane Ladd, Willem Dafoe
Twisted road movie following the fortunes of two young lovers as they make their way along the dusty back roads of the Deep South and into the centre of America's heart of darkness, while being pursued by a hit man and a detective. *1990, rating Sky 18, DS, 119 mins*
12.05am Back to Bataan
John Wayne, Anthony Quinn
World War Two adventure. Text *1945, rating Sky PG, 87 mins*
1.40 Breezy
William Holden, Kay Lenz
1973, rating Sky 15, 102 mins
3.30-5.50am From the Terrace
Paul Newman, Joanne Woodward
1960, rating Sky PG, 138 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Crazy in Love
Holly Hunter, Bill Pullman, Gena Rowlands, Frances McDormand
Romantic drama focusing on the lives and loves of three generations of women living on an island. One woman's relationship with her husband is threatened by the demands she places on him, and then an attractive young photographer appears. *1992, 96 mins*
11.00 Ada
Susan Hayward, Dean Martin, Ralph Meeker, Martin Balsam
Political drama about a former prostitute who marries a state governor, much to the chagrin of his close advisers, who try to discredit her. *1961, 109 mins*
1.15am The Hunger
Catherine Deneuve, David Bowie, Susan Sarandon, Cliff DeYoung
Stylish, erotic updating of vampire myths. Widescreen *1983, 93 mins*
3.00-5.00am Operation Crossbow
George Peppard, Tom Courtenay
Widescreen *1965, 112 mins*



WANT TO KNOW WHICH BRADD PITT FILMS ARE ON THIS MONTH?
OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!
http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm
The Magnificent Seven
Yul Bryner, Steve McQueen, Charles Bronson, James Coburn
Epic western, based on Kurosawa's *Seven Samurai*. An odd assortment of cowboys and gunslingers are hired by the people of a Mexican village to protect them against a gang of bandits who are terrorising the area. *1960, 123 mins*

8.15
My Beautiful Laundrette
Daniel Day-Lewis, Gordon Warnecke, Saeed Jaffrey
A young Asian man, caring for an alcoholic father and eager for success, hooks up with an old school friend and ex-NF member to help him realise his dream of opening a laundrette that is more like a picture palace than a laundromat. *1985, 93 mins*

10.00
Sammy and Rosie Get Laid
Shashi Kapoor, Ayub Khan Din, Frances Barber, Claire Bloom
A powerful and controversial examination of Britain in the Eighties. A Third World politician arrives in England to visit his son, only to find it is very different to the place he remembers with such affection. *1987, 96 mins*

11.45 Easy Rider
Dennis Hopper, Peter Fonda
Motorcycle movie. *1969, 92 mins*
1.20am Five Easy Pieces
Jack Nicholson, Karen Black
Musical drama. *1970, 100 mins*
3.00 Sibling Rivalry
Kirstie Alley, Bill Pullman
Comedy. *1990, 84 mins*
4.25-6.00am The Wild One
Fifties melodrama. *1953, 76 mins*

SKY box office
A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
LOST IN SPACE
High-energy space adventure. The earth is dying and one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt and Matt LeBlanc.
1997, Sky PG, 124 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
SIX DAYS, SEVEN NIGHTS
Romantic adventure in which a hard-boiled magazine editor becomes stranded on a desert island with a grouchy pilot. Stars Harrison Ford and Anne Heche.
1998, Sky 12, 98 mins
PLAYS AT 6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am and 4.00am

Sky Box Office 4
Channel 54
THE OBJECT OF MY AFFECTION
Romantic comedy about a young woman who, on discovering she is pregnant, persuades her homosexual flatmate to take on the role of husband and father in a union based on friendship alone. Stars Jennifer Aniston, Paul Rudd, Kali Rocha and Lena Cardwell.
1998, Sky 15, 107 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Thursday 29 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends 7.30 Games World 7.45 Games World 8.00 The Simpsons Text 8.30 Pokémon 9.00 Godzilla 9.30 Shadow Raiders 10.00 Xena: Warrior Princess Text 11.00 Feature 11.30 The Nanny Text 12noon Newlywed Game 12.30pm Hollywood Squares 1.00 The Oprah Winfrey Show 2.00 Sally Jessy Raphael

3.00 Jenny Jones
Quit Putting Me Down, Cuz I Earned This Crown
Guests who feel they are being unfairly picked on argue their case before the studio audience.
4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt!
5.00 Star Trek: Deep Space Nine
Things Past
Sisko, Odo, Dax and Garak are placed into the roles of a group of condemned Bajorans. Text
6.00 Dream Team
6.30 Friends
The One with the Butt
Joey is offered a film role as a stand-in for Al Pacino's butt and Chandler has an affair. Text
7.00 The Simpsons
Hurricane Neddy
Ned Flanders suffers a crisis of faith. Text
7.30 The Simpsons
Marge gets road-rage. Text
8.00 Dilbert
Infomercial
8.30 World's Weirdest Pets and People
Light-hearted look at people and their pets.
9.00 Friends
The One with Rachel's Crush
Chandler's jealousy causes problems. Text
9.30 Friends
The One with Joey's Dirty Day
10.00 ER
Home
Dr Lewis faces a dilemma as she must choose between a career-enhancing opportunity and caring for Susie.
11.00 Friends
The One with the Butt
Chandler has an affair. Text
11.30 Star Trek: Deep Space Nine
Things Past Text
12.30am The Chris Evans Breakfast Show
Join Chris Evans and the team, including Holly 'Hotlips' Samos and 'Wheels of Steel' maestro Johnny Boy Revell.
1.30 Law and Order
Second Opinion
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders 9.00 The Bill 9.30 The Bill 10.00 Bergerac 11.00 Dallas 11.55 Neighbours 12.25pm EastEnders 1.00 All Creatures Great and Small 2.00 Dallas 2.55 The Bill
Mud Sticks

3.25 The Bill
One Bad Turn
A prostitute puts herself at risk to help Quinnan catch a dealer.
3.55 EastEnders
Ricky is curious about Sam's secretiveness and Pauline makes plans for a trip to New Zealand.
4.30 Neighbours
Debbie thinks she's found her secret admirer.
5.00 Dynasty
Amanda is rescued from the La Mirage blaze by a mysterious stranger, and Alexis uses the death of a fire victim to accuse Blake of arson and murder.
6.00 Bugs
Hot Metal
The Bugs team investigates a revolutionary new metal which explodes if a certain frequency of sound is directed at it.
7.00
Last of the Summer Wine
The Flag and its Snag
Comic adventures.
7.40 Dad's Army
Save My Boy!
Classic sitcom.
8.20
Only Fools and Horses
Cash and Curry
An opportunity arises for Del to make his fortune.
9.00 FILM: Air America
Mel Gibson, Robert Downey Jr, Nancy Travis, Ken Jenkins
Action movie about a pair of maverick US pilots who smuggle anything and everything for a covert CIA operation during the Vietnam War. When they catch wind of a seamy plot in the Secret Service hierarchy, they decide to turn the tables on their paymasters. *1990*
11.05 The Bill
Mud Sticks
Chief Inspector Conway leads a crusade to clean up the streets.
11.35 The Bill
One Bad Turn
12.05am Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
12.45 Keeping Up Appearances
A seasonal special episode of the gentle sitcom.
1.40-2.45am Between the Lines
Private Enterprise

LIVING
LIFESTYLE PACK

6.00am Ready, Steady Cook 6.30 Through the Keyhole 7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away 10.00 The Jerry Springer Show 10.50 Change of Heart 11.20 Ready, Steady Cook 11.55 Maury Povich 12.45pm Brookside 1.15 TV Dinners 1.45 Trauma Center 2.15 Special Babies 2.50 Living Room
Upbeat magazine programme featuring human interest stories.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by broadcast journalist Maury Povich.
4.30 Home and Away
Life and love with the sun-tanned inhabitants of Summer Bay.
5.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
5.30 The Dating Game
Guests choose between looks and personality.
6.00
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40
The Jerry Springer Show
Outrageous American talk show with lively discussion about relationship issues.
8.30
FILM: Shooting Elizabeth
Jeff Goldblum, Mimi Rogers, Burt Kwouk, Simon Andreu
Darkly comic drama about a beleaguered man who is sick of his loudmouthed and embarrassing wife. When she humiliates him one time too many, he decides upon the ultimate fortieth birthday present – her sudden death. *1992*
10.30 Sextasy!
Katrina Buchanan and guests take a look at erotica, fetishes, sex toys and more in this raunchy discussion show, which also offers advice on improving your sex life.
11.30-12midnight Passion
Steamy tales of passion.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game 8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 Bonanza 11.00 Charlie's Angels 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 Rising Damp 1.30 The Two of Us 2.00 The High Chaparral

3.00 Cagney and Lacey
Let Them Eat Pretzels
A simple hit-and-run takes on international implications when the duo identify the victim as a Jew with diplomatic immunity.
4.00 Minder
All Mod Cons
Comedy drama series. Arthur dreams of becoming a property developer and tries to sell Terry's flat without telling him.
5.00 Charlie's Angels
Teen Angels
While investigating the murder of a college girl, the Angels find a group of finishing school students majoring in mayhem.
6.00 Emmerdale
Michael and Archie meet a newcomer at The Woolpack.
6.30
Classic Coronation Street
Elsie is furious.
7.00 Rising Damp
The Last of the Big Spenders
Rigsby has a new tenant.
7.30 The Two of Us
Retirement Plans
Comedy series.
8.00 Minder
All Mod Cons
Comedy drama series. Arthur dreams of becoming a property developer and tries to sell Terry's flat without telling him.
9.00 Cagney and Lacey
A hit-and-run accident takes on international implications.
10.00 Tommy Cooper
10.30-11.00pm
The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Motor Week
Weekly look at the motoring industry, featuring car launches from all over the world.
11.30 4 Wheels
Weekly motoring magazine.
12midnight
Great British Motorsport
A topical mix of British motorsport featuring coverage of the GT, MGF and National Saloon Car Championships.
1.00am-2.00am
Performance Power
Sarah Donohue presents sports action from around the globe.

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear in the Big Blue House 6.25 Bite Size 6.35 Sing Me a Story with Belle 7.00 New Adventures of Winnie the Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 The Lion King's Timon and Pumbaa 9.00 Double Art Attack 9.35 Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon 1.30 FILM: Balloon Farm Text

3.00 The Little Mermaid
The undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Award-winning art show hosted by Neil Buchanan. Text
4.00 101 Dalmatians
Market Mayhem Text
4.30
Hercules: The TV Show
Hercules and the Visit from Zeus
Muscle-bound antics. Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30
The Famous Jett Jackson
Jett and Kayla's match-making efforts end in disaster. Text
6.00 Smart Guy
Comedy about a smart kid who's put up into tenth grade. Text
6.30 Boy Meets World
Prom-ises, Prom-ises
It's Prom Night. Text
7.00 FILM: Toy Story
Voice of Tom Hanks, Tim Allen
The first full-length animated feature to be created entirely by artists using computer tools and technology, which took four years to make. Text *1995*
8.20 Honey, I Shrunk the Kids: TV Show
Honey, I Got Duped
Wayne accidentally activates one of his inventions and makes a clone of himself. Text
9.05 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.30 Bone Chillers
Fright fest. Text
10.00 Home Improvement
10.30 Flipper Text
11.15 Eyewitness
11.50-12midnight
Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

THURSDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

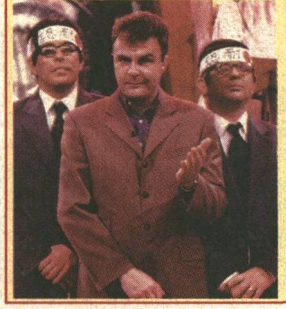
FILM

Breezy
Sky Cinema 1.40am
The least discussed of Clint Eastwood's directorial efforts (it was his third such stint and followed the surreal, supernatural Western *High Plains Drifter*), this remains a truthfully told drama about the middle-aged William Holden's love for a teenage hippie chick.

GENERAL

St Elsewhere
Carlton Select 9.00pm
Before *ER* there was *St Elsewhere*, a similarly hard-hitting hospital series that boasted gripping plotlines and a likeable ensemble cast, among whom was a young Denzel Washington. Tonight's episode sees Dr White's murderer tailed onto the hospital roof.

ADVERTISEMENT



ENDURANCE UK 2
10.00PM
It's gutsy, gruelling and gruesome, and it's back ... yes, *Endurance UK 2* gathers the hardest birds and blokes in the country to find out how much they can stomach in a series of daring, disgusting challenges. Paul Ross hosts.

Thursday 29 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Swimming – LIVE
9.30 Football
11.00 Golf
Ladies German Open.
12noon Swimming – LIVE
Action from the European Championships in Istanbul.
12.45pm Tennis – LIVE
Action from the ATP tour in Kitzbühel, Austria.
2.30 Swimming
2.45 Swimming – LIVE
Action from the European Championships in Turkey.

4.15 Swimming
Action from the European Championships in Istanbul.

5.00 Tennis
Coverage of the ATP Tournament in Kitzbühel.

6.00 Athletics – LIVE
Coverage of the IAAF Permit Meeting in Barcelona, Spain. Some prestigious names are expected including Samuel Matete, Ivan Pedroso and James Beckford.

8.00 Football
Action featuring legends from the European Championships of 1984.

9.00 Boxing
Action from an International contest.

10.00 Swimming
Coverage of the European Championships in Istanbul, Turkey.

11.00 Truck Sports
Action from the '99 Europa Truck Trial in Mieders, Austria.

12midnight -12.30am
Four Wheels Drive
Coverage of the Formula 4X4 Off Road in Reykjavik, Iceland.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 World Wrestling Federation – Shotgun
8.15 Sports Centre 8.30 Racing News 9.00 Aerobics Oz Style 9.30 Netbusters
10.00 Rugby League World
11.30 European Tour Weekly 12noon Aerobics Oz Style 12.30pm World Motocross Championship
1.00 Speedway: Elite Speedway League

3.30
Rugby League World
The programme that keeps you up to date with all the latest rugby league developments around the world. From the battlefields of the Super League to the intensity of the Australian National Rugby League.

5.00 World Wrestling Federation – Superstars
Kevin Kelly presents action from the World Wrestling Federation.

6.00
Sky Sports Centre
The latest sports news.
6.30 Netbusters: Football League
Great league goals.
7.00
Trans World Sport
Action ranging from powerlifting and golf to football and ice hockey.

8.00 Formula 3
Coverage of a Formula 3 race.
8.30 Fastrax
Motorsports action with high-octane thrills.

9.00 Football Special: The Graeme Souness Documentary
Tracing the career of the football hard-man.

10.00
Sky Sports Centre
10.15
Trans World Sport
The latest, ground-breaking sports stories from across the world.
11.15 Formula 3
Coverage of a Formula 3 race featuring potential F1 drivers.
11.45 Tight Lines
Angling programme.
12.45am Sky Sports Centre
The latest news and views.
1.00 Trans World Sport
2.00 Futbol Mundial
Global soccer news.
2.30-2.45am
Sky Sports Centre
The latest news and views.

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News
8.15 World Motocross Championship
8.45 Sky Sports Centre
9.00 Xtreme: Black Diamond Sports
10.00 Soccer Extra: November Review
1.00pm Darts: World Matchplay – LIVE
Jeff Stelling presents live action from the fourth day of the prestigious PDC World Matchplay. Sid Waddell provides the commentary from the Winter Gardens in Blackpool. Rod Harrington is the defending champion; he beat local hero Ronnie Baxter 19-17 in an unforgettable final last year.

5.00 Fastrax
Life in the fast lane.
5.30 Netbusters: Football League
The best goals from the recent Nationwide season.

6.00
Watersports World
Action from the Gaelic Games – a breathtakingly fast, uniquely skilful and free-scoring event.
7.00 Darts: World Matchplay – LIVE
Jeff Stelling presents action from the fourth day of the prestigious PDC World Matchplay. Sid Waddell provides the commentary from the Winter Gardens in Blackpool. Rod Harrington is the defending champion; he beat local hero Ronnie Baxter 19-17 in the final last year.

11.00 Soccer Extra: November Review
The show that keeps you up to date with the latest developments in the football world. With lively studio debate, special guests and phone-in competitions. Presented by Matthew Lorenzo.
2.00am Tight Lines
3.00 Ford Golf USA: Canon Greater Hartford Open
5.30-5.45am
Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

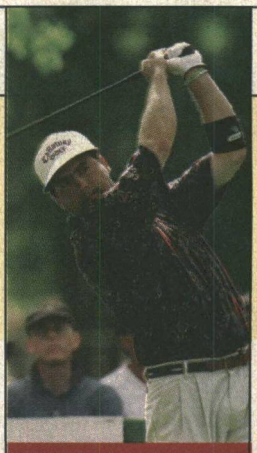
12noon World Wrestling Federation – Superstars
Action from the World Wrestling Federation circuit.
1.00pm Xtreme: Black Diamond Sports
2.00 FA Cup Classics: Liverpool v Everton
Andy Gray presents action from the classic Merseyside derby final from 1986. Was it the red or the blue half of the city that was celebrating after 90 minutes?

3.30 Wheelbase: Wheelbase Club
Another action-packed 60 minutes of British motorsport madness.
4.30
Watersports World
Action from waterskiing to windsurfing and wake-boarding with exclusive footage, interviews and news.
5.30 Formula 3
Coverage of a Formula 3 race that may feature a future champion.

6.00 European Drag Racing 1999
6.30
Inside the PGA Tour
Experience life behind the scenes of the PGA Tour.
7.00 Tight Lines
Bruno Brookes and studio guests discuss the latest angling activity and offer advice to fishing fanatics.

8.00 Futbol Mundial
Global soccer magazine.
8.30
Inside the PGA Tour
Behind the scenes with the legends of the PGA.

9.00-11.30pm
Ford Golf USA: Canon Greater Hartford Open – LIVE
Opening day action from the Canon Greater Hartford Open at the picturesque Tournament Players Club in River Highlands.



Olin Browne tries to repeat his triumph of last year in the $2m Canon Greater Hartford Open. Sky Sports 3 9.00pm

MUTV
ADD-ON CHANNEL

6.00pm
Red Hot News
All the latest news.
6.30 Kids' Clinic
A revision class practising skills taught in the series.
7.00 Talk of the Devil
Tune in to the show dedicated to the journalists and fans who just love chatting about the Reds.

8.00 Red Hot News
The show about the latest news from Old Trafford.
8.30 Super Match – Premier Classic

9.30 Red Hot Update
9.35 Super Match – Premier Classic Continued
10.30
Red Hot News
All the latest developments from United.

11.00-12midnight
Mad About United
United fans from across the nation discuss why they love the Reds.

SCI-FI
ACTION PACK

7.30am Bloomberg 8.00 Incredible Hulk 9.00 Buck Rogers 10.00 Sightings 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 12.30pm The Twilight Zone 1.00 The Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00 Buck Rogers in the 25th Century
Testimony of a Traitor
Buck is on trial for his life after being blamed for the holocaust on Earth.
4.00
The Incredible Hulk
Dark Side
Scientist David Banner tries to reverse the effects of his experiment.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences.

6.00 Robocop
Tin Man
Armed Ice Cream trucks and catering vans wage a gang war for control of illegal gambling.
7.00 The Six Million Dollar Man
The Ghostly Teletype
Steve Austin tries to solve the mystery of a vanishing formula.
8.00 PSI Factor – Chronicles of the Paranormal
Solitary Confinement
Axon and Praeger investigate a prison.
9.00 Babylon 5
Atonement
While defending her love for Sheridan, Delenn might be forced to expose an astounding secret.
10.00
FILM: Psycho III
Anthony Perkins, Diana Scarwid, Jeff Fahey
Return to the horror of the Bates Motel when Norman becomes drawn into his past by 'mother' once more and a young convent woman. *1986*
11.45
Sci-Focus Special
12midnight Twin Peaks
Cooper's white glove test yields a clue.
1.00am FILM: Scanner Cop 2: Volkin's Revenge
Daniel Quinn
Sci-fi horror. *1995*
2.45 Sci-Focus Special
3.00-4.00am
Dark Shadows

LIVE
CANON GREATER HARTFORD OPEN
SKY SPORTS 3 9.00PM

It's said that the US PGA Tour needs some new faces to liven things up. So Olin Browne did what was asked of him when he snapped up the $2m Greater Hartford Open last year. Unfortunately, he then disappeared from subsequent leader boards.The River Highlands Club in Connecticut was a picturesque venue for the biggest win of his career, but it will be an even bigger surprise than last year if Browne takes the title again this week. Four days of coverage start tonight.

ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares another collection of heartwarming and hair-raising true stories with a studio audience.
5.05 Man O Man
Chris Tarrant hosts the show where an all-female audience put male hopefuls through their paces, with a star prize for the winner and an unexpected dip in the indoor pool for the losers.

5.45 Words With
Celebrities relate anecdotes based on the words or phrases written on cards.
6.05 The Ward
Drama in a kids' hospital.
6.30 Life's a Beach
The best of beach volleyball and thrilling surf action.
8.30 Sport Zone: Peak Performance
A series about techniques used by leading coaches to develop the sporting elite.

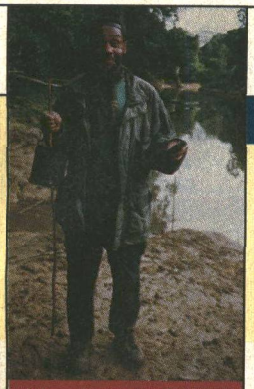
9.00 Touching Evil
A complete story featuring maverick detective Dave Creegan. Reeling from a nervous breakdown, Creegan tracks down a serial killer.
11.00 Emmerdale
Tonight's episode from ITV.
11.30 Bedrock
Late night music and chat.
12.30am Beach Volleyball
1.00 Taking the Pitch
1.30-2.00am
Mountain Biking

TELEVISION X
ADD-ON CHANNEL

12midnight
The Ten Minute Preview
12.10am Diva
12.20 Adult Feature
12.45 FILM
1.00 The Five Minute Free View 1.05 FILM continues
2.00 Adult Feature
2.25 FILM: Flesh
3.40-4.00am Debbie

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Thursday 29 July



It's survival time for the comedian in 'Lenny Henry's Big Amazon Adventure'. UK Horizons 9.00pm

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation LIVE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 Mis-Match of the Day 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 Bangers and Smash
Stock car racing.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Mis-Match of the Day
Celebrity football challenge.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
9.30 No Tomorrow
People choose what to do with their last day on earth.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults-only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Painted Ladies 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen College 10.00 Slice of Life 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 The Green Gourmet 12noon Food Network Daily 12.30pm School Dinners 1.00 Coxon's Kitchen College 1.30 A Taste of England 2.00 An Umbrian Kitchen 2.30 Food Network Daily 3.00 Simply Fish 3.45 More Simply Antony 4.30-5.00pm Newman Meets
Nanette Newman interviews Richard Corrigan.

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Convalescing
Food to make you better.
5.30 Get Smart
Closely Watched Planes
6.00 I Spy
Beautiful Children
An agent whose cover is about to be blown is reluctant to return from behind the Iron Curtain.
7.00 Boon
Pillow Talk
When a local solicitor is harassed by a sleazy reporter, she calls in Crawford Boon Security.
8.00 Goodnight Sweetheart
Would You Like to Swing on a Star?
8.30 Slice of Life
School Dinners
9.00 St Elsewhere
Up on the Roof
A female bone-marrow doctor attracts the attention of the hospital's male doctors.
10.00 The Paradise Club
Sudden Death Tango
Drama series about two brothers who inherit a shady drinking den.
11.00 Hill Street Blues
Gung Ho
The station becomes a media hotbed following a $1.6 million hold-up.
12midnight-1.00am I Spy
Beautiful Children
An agent whose cover is about to be blown is reluctant to be rescued from behind the Iron Curtain.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court 1.00 Hollywood Safari
Dreams
2.00 Animals of the Mountains of the Moon
Lions – Night Hunters
The lion's nocturnal activity, filmed in the Akagera sanctuary in Rwanda.
3.00 Wild at Heart
South African Elephant
3.30 Nature Watch with Julian Pettifer
Burn, Ivory, Burn
A study of the elephants.
4.00 Jack Hanna's Animal Adventures
Uganda Gorillas
4.30 Jack Hanna's Animal Adventures
Uganda Gorillas
5.00 Wildlife SOS
Donald the duck has some treatment on his neck.
5.30 Wildlife SOS
A badger with a broken leg has an operation.
6.00 Harry's Practice
Dr Cooper pays some surprise house calls.
6.30 Harry's Practice
Advice on choosing the right pet.
7.00 Animal Doctor
A look at the work of RSPCA vets.
7.30 Animal Doctor
A look at the work of RSPCA vets.
8.00 Judge Wapner's Animal Court
A plaintiff claims that the defendant's dog bit her dog.
8.30 Judge Wapner's Animal Court
9.00 Vet School
The lives of pupils at a veterinary school.
9.30 Vet School
The lives of pupils at a veterinary school.
10.00 Vet School
The lives of pupils at a veterinary school.
10.30 Emergency Vets
A cat caught in a fan belt.
11.00-12midnight Hunters
Crawling Kingdom
Documentary on the crawling kingdom of insects and spiders.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Now Get Out of That 7.30 Einstein's Brain 8.30 Esther 9.05 Supernatural Science 10.00 Supernatural Science 11.00 Supernatural Science 12noon Lion Country 12.30pm Animal Hospital 1.00 Mysteries with Carol Vorderman 1.30 Crime Limited 2.00 Tomorrow's World Plus

3.00 Molls
Seven women talk about the perceived attractions of sharing their lives with some of Britain's most dangerous criminals.
4.00 Pleasure Beach
Docusoap about Blackpool Pleasure Beach.
4.30 Esther
You Are What You Wear
The significance of fashion.
5.00 Lion Country
The balloon is deflated and sent for repair.
5.30 Wildlife on UK Horizons
Thunderbirds
6.00 Columbus and the Age of Discovery
Worlds Found and Lost
Retracing Columbus's meandering voyage through the Caribbean.
7.00 The Human Body
As Time Goes By
The ravages of ageing and how we become more vulnerable to diseases.
8.00 Rhino Rescue
The fate of the white rhino of Southern Africa.
8.30 Animal Hospital
Featuring a Yorkshire terrier with cataracts.
9.00 Lenny Henry's Big Amazon Adventure
Lenny travels to Iquitos, the only city in the world inaccessible by road.
10.00 Pleasure Beach
10.35 Living with the Enemy
A Yorkshire mum tours with a black metal band.
11.05 Robot Wars
11.35 Love Story
12.35am-1.00am
UFO Diaries
Abductions

UK PLAY:
1.00am The Fast Show 1.45 FuturTV 2.00 Mark and Lard's Pop Upstairs Downstairs 2.30 BBC New Comedy Awards Regional Finals 3.00 Funny Noise 3.15 TOTP Plus 3.45 Phone Zone 5.30 Sound of Play 6.00 Funny Noise 6.30-7.00am UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Health Livetime 7.00 Health Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Bon Appetit 9.30 Gorgeous Gardens 10.00 Intimate Portrait 11.00 Julia Carling's Style Guide 11.30 Body Check 12noon Montel Williams Show 1.00pm Food Livetime 2.00 The View

3.00 Food Livetime
Culinary and dietary advice, tasty tips, dazzling recipes and cookery demonstrations from a panel of top chefs.
4.00 The Montel Williams Show
I Want to Show Off My New Look
Montel meets people who have been transformed.
5.00 Julia Carling's Style Guide
The latest fashions.
5.30-6.00pm Body Check

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Leafy Sea Dragons
The secretive life of this breed of sea horse.
7.30 Living Art
Insects as inspiration.
8.00 Titanic
Experience the events leading up to and during the tragic sinking. With readings of personal accounts of the tragedy.
9.00 The Greatest Flight
Retracing the historic route flown from England to Australia in 1921 in a Vickers Vimy biplane.
10.00 The White Death
Programme looking at the frightening and seemingly unstoppable force of avalanches.
11.00 The Faces of Genius
The unlikely genius of computer hackers, infommercial makers and dictators.
12midnight Lifeboat
Not a Cross Word Spoken
Love is in the air as the summer season approaches.
12.30am-1.00am Mind in the Waters
The uncanny relationship between wild dolphins and the fisher folk of Mauritania.

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Cross Wits
Crossword gameshow.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow.
6.30 The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15 The Games Room
7.25 Whittle
Audience participation quiz.
7.55 The Crystal Maze
Another team of intrepid adventurers face an eclectic collection of games and challenges, both mental and physical.
9.00 The Games Room
9.15 Stars in Their Eyes
9.45 The Games Room
10.00 Endurance UK
British version of the Japanese gameshow.
10.30 The Cooler
Late-night general knowledge quiz.
11.00 Celebrity TV Bloopers
Another trawl through the archives, unearthing celebrities' blunders for your enjoyment.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Love at First Sight 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Sex in the USA 11.15 Real Couples 12midnight Freeview 12.10am Dungeon Dykes 12.35 Our First Time 1.00 Girls Who Like Girls 1.50 The Love Potion 2.15 FILM: The Bet
Celeste, Woody Long
Erotic comedy.
3.35-4.00am Savage Heat 3

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Madonna: Her Story in Music 9.00 Bytesize MTV 9.30 Bytesize MTV: Madonna Special 11.00 brand:new 12noon Mad 4 Hits 2.00pm All Time Top 10 Madonna Videos 3.00 Ultrasound: Inside Madonna 3.30 Biorhythm: Madonna 4.00 Select MTV 6.00 Bytesize MTV: Madonna Special 7.00 Biorhythm: Madonna 7.30 Madonna Videography
MTV focuses on the entire catalogue of Madonna's videos, from big hair and bangles in the Eighties to ethereal Buddhism in the late Nineties.
8.00 European Top 20 9.00 Daily Edition 9.30 Essential Madonna 10.00 The Late Lick 11.00 Madonna Rising 12midnight Madonna Bedtime Story Pyjama Party 1.00am The Late Lick 2.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Queen 1.00pm Greatest Hits of... Bryan Adams 1.30 Pop-Up Video 2.00 Jukebox 4.00 Queen Phenomenon 5.00 VH1 Live 6.00 The Clare Grogan Show 7.00 VH1 Hits 8.00 Queen Phenomenon 9.00 Queen: We Will Rock You 11.00 Ten of the Best: Roger Taylor 12midnight Another World: Brian May 1.00am VH1 Spice 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Country Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Rough Guide to the World's Islands 11.00 Home Front 11.30 Home Front 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Antonio Carluccio's Italian Feast 2.00 Style Street 2.30 The Lost Gardens of Heligan 3.00 Gardeners' World 3.30 Voyage 4.00 Voyage 4.30 a la mode 5.00 Antiques Roadshow US 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Ainsley's Meals in Minutes 9.30 Good Living 10.00 Home Front 10.30 Moving People 11.00 Ground Force 11.30 Gardening Neighbours 12midnight Geoff Hamilton – A Man and His Garden 12.30am-1.00am Stefan's Garden Roadshow

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

Thursday 29 July

MORNING

6.00 AM

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Painting 6.30 Garden Club 7.00 Garden Calendar 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 Grassroots 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.29 Home and Leisure House 11.30 Fishing with Henry 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 New Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm The Dirt Detective

3.00 PM

DISCOVERY
WORLD PACK

4.00 PM
4.00pm Rex Hunt's Fishing Adventures
Fantasy fishing for the ardent angler.
4.30 Walker's World
The Far East

5.00 PM
5.00 Classic Trucks
Commercial vehicle history.
5.30 Treasure Hunters
The Black King of Zimbabwe

6.00 PM
6.00 Zoo Story
6.30 The World of Nature – Splendours of the Sea
From the kelp forests of the northern latitudes to the coral reefs of the tropics, this portrait of underwater worlds reveals mysterious and monstrous creatures.
7.30 Great Escapes
The Killing Time

8.00 PM
8.00 Medical Detectives
Deadly Delivery
8.30 Medical Detectives
Grave Evidence

9.00 PM
9.00 Forensic Detectives
Deadly Chemistry
Forensic experts reveal how they can solve mysterious deaths.

10.00 PM
10.00 The FBI Files
Death in Alaska
How the FBI used forensic evidence to solve the sexual assault and murder of three woman.

11.00 PM
11.00 Super Racers
A look into the world of motor sport, highlighting the technology and personalities behind the teams and vehicles.

12.00
12midnight Planet Ocean: The Sea of Evil
A journey in the unknown world of the ocean to examine its mysteries.
1.00am Classic Trucks
1.30-2.00am Treasure Hunters
The Black King of Zimbabwe

NIGHT TIME

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Sylvester and Tweety 12.30pm Animaniacs 1.00 Sylvester and Tweety 1.30 2 Stupid Dogs 2.00 Sylvester and Tweety 2.30 Powerpuff Girls
3.00 Sylvester and Tweety
Animated fun.
3.30 The Sylvester and Tweety Mysteries
4.00 Sylvester and Tweety
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Sylvester and Tweety
The battles of a yellow bird and a black and white cat.
5.30 Cow and Chicken
6.00 Sylvester and Tweety
6.30 The Flintstones
More adventures with prehistoric men behaving badly
7.00 Tom and Jerry
7.30 Looney Tunes
8.00 Cartoon Cartoons
8.30-9.00pm Space Ghost Coast to Coast

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blue's Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Scrambled Eggs
7.30 Jenny
More madness with Jenny.
8.00 Desmond's
Barber's shop sitcom.
8.30 Mad About You
The Painter
Jamie hires an ex-boyfriend to paint the apartment.
9.00 Ellen
She Ain't Friendly, She's My Mother
9.30 Spin City
Striptease
Michael's girlfriend strips.
10.00 Frasier
Liar Liar
Frasier and Niles reminisce about their prep school.
10.30 Cheers
The Godfather – Part 3
11.00 Dressing for Breakfast
Louise is a single, bright girl looking for Mr Right.
11.30 Whose Line is it Anyway?
12midnight Roseanne
12.30am Cosby
1.00 The Larry Sanders Show
1.30 Late Night with David Letterman
2.30 Nurses
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Donkey Kong Country or Masked Rider 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Human/mutant conflict.
3.30 Summer X-Press
Daily magazine show presented by Roy and Lisa.
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up with their pals to take on the adults.
5.30 Ace Ventura
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 The Gold Collection
Aquamarine jewellery.
8.30 Travel Bag
An hour of travel essentials for summer holidays.
9.30 The Gift Store
Find the perfect gift on Shop!
10.00 The Early Years
Toys and accessories for toddlers on the move.
11.00 In the Kitchen with Susan Brookes
Susan shares her secrets for vegetarian cooking.
12noon Household Solutions
Gadgets and gizmos to make light work of chores.
1.00pm Bargain Shop!
1.30 Shop! Selection
2.30 Shop! Feature
Beauty special, including natural seaweed treatments.
3.00 Dress for Less
Budget fashion for last-minute holidays.
4.00 Dimanti Designs
Diamond-look jewellery.
5.00 Shop! Selection
6.00 In the Kitchen with Susan Brookes
Susan shares her secrets for vegetarian cooking.
7.00-8.00pm The Early Years

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.30pm UK Today 2.00 News 2.30 The World Today 3.00 News 6.00 UK Tonight 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Biz Asia 12.30pm Science & Technology 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Travel Now 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus:
6.00am Sunrise
10.30 Your Call
12noon Sky News Today
5.00pm Live at Five
8.30 Sky Business Report
9.30 Fashion TV
10.00 Sky News at Ten
10.30 Sportsline
12.30am CBS Evening News
1.30 Your Call
2.30 Sky Business Report
3.30 Fashion TV
4.30 Global Village
5.00 News on the Hour
5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal 5.15 Journal des Journaux 5.30 Télématin 7.00 Journal 7.30 Autant Savoir 8.00 Infos 8.05 Zig Zag Café 9.00 Journal 9.15 Quatre et Demie 10.15 Les Splendeurs Naturelles d'Europe 11.00 Infos11.05 Voilà Paris 11.30 Journal 12noon Infos 12.05pm Dunia 1.00 Journal 1.15 Jasmine 2.15 Les Splendeurs Naturelles d'Europe 3.00 Journal 3.15 Questions 3.30 Télétourisme 4.00 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal 5.15 Jasmine 6.15 Les Splendeurs Naturelles d'Europe 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Comment ça Va 9.00 Journal 9.15 Des Héros Ordinaires la Porte du Ciel 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am DD News 8.00 Katha Sagar 8.30 Akhir Kyon 9.00 FILM 11.30 News 12noon Balcony 12.30pm Daawat 1.00 Badalte Rishte 1.30 FILM 4.00 Muthi Bhar Sitare 4.30 Futa Fut 5.00 Agar 6.00 Dekh Bhai Dekh 6.30 Mumkin 7.00 Badalte Rishte 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Badalte Rishte 12.30am BPL Oye 1.00 FILM 4.00 Daawat 4.30 Balcony 5.00 Chand Grehan 6.00 Holy Qur'an 6.30 DD News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Usha Uthap Show 6.30 Jaagran 7.00 Faith 7.30 News 8.00 Karobari Duniya 8.30 Tara 9.00 Zanjeeren 9.30 Zee Health Show 10.00 Deewanagi 11.00 Pot Luck 11.30 Parampara 12noon FILM 3.00pm Baat Ban Jaye 3.30 Public Demand 4.00 Filmi Chakkar 4.30 Antakshari 5.30 Hasratein 6.00 Banegi Apni Baat 7.00 Chota Muh Aur Badi Baat 7.30 Mama Miya 8.00 News 8.30 Chahat Aur Nafrat 9.00 Raahein 9.30 Cross Fire 10.00 Pakistan News Link 10.30 X-Zone 11.30 Teacher 12midnight News 12.30am Shot Gun Show 1.00 Mast Must Show 1.30 Parivartan 2.00 FILM: Yash 5.00 V3 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Light and Life 5.30 Abundant Life Today 6.00 Word of Life 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 Potters House 9.00 Another Day of Victory 9.30 Conferences 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus:
2.19am Fund Managers' Corner 4.24am Sports

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 House of Lords 11.30 House of Commons 7.30pm House of Lords 11.00 The Record 11.30-12midnight European Focus

THE HISTORY CHANNEL
WORLD PACK

12noon The Sunken City
12.55pm Photos for the Future
1.00 Edward Windsor Presents... Sutton Hoo
1.30 King Arthur
2.00 Biography
JFK – A Personal Story
3.00 World War I
Tipperary and All That Jazz
3.30 Men in Crisis
Nasser vs Ben-Gurion
4.00 Clash of Wings
The Cost of Incompetence
5.00 Attack Helicopters
6.00 The Marvel of Roman Roads
6.55 Photos for the Future
7.00 Edward Windsor Presents...
Harwich and Colchester
7.30 Richard the Lionheart
8.00 Biography
Ayatollah Khomeni
9.00 World War I
The Promised Lands
9.30-10.00pm Men in Crisis
Roosevelt vs Isolation

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

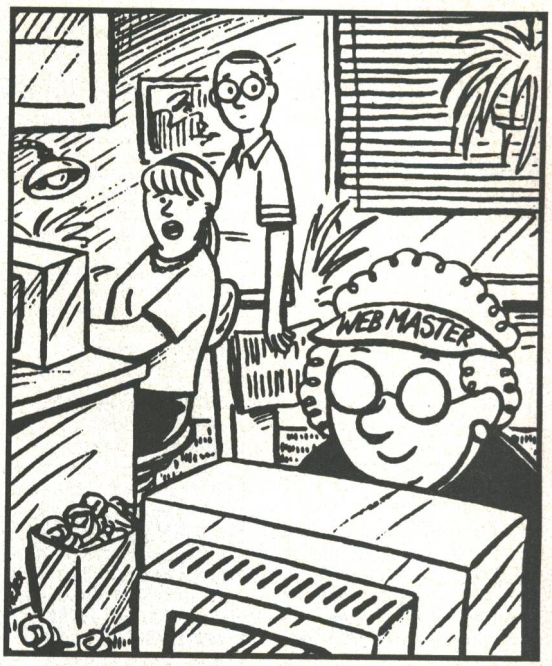
QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is in The Salon with Gatineau at 4.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

"HOW TO MAKE YOUR COMPUTER AS EASY TO USE AS YOUR TELEPHONE ..."

By Webmaster Raymond Steinbacher, and the research staff at Carnell Ltd.



"How come it's so easy for Grannie?"

Are you frustrated by your computer? Is it about as "user-*un*friendly" as it can be?

Well, here's great news!

Carnell Ltd – with the assistance of Webmaster Raymond Steinbacher – has developed a unique new computer-training course designed *specifically for beginners!*

Whether you're a complete novice or a person with limited computer experience, *this is the course you've been waiting for!*

Here's why...

☑ It begins with the assumption that you know nothing about computers. None of the terminology. Nothing.

☑ Every lesson ... every step ... is explained in *plain* English. There's no confusing computer jargon. No technical language.

☑ Every step is sequential. You simply can't make a mistake because every step is self-correcting.

☑ It's easy! And it's fun! You'll be amazed at how quickly you're learning.

You'll receive your printed course on large 8 1/2" x 11" pages with a sturdy Bristol cover. So it's exceptionally easy to read.

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It comes to you complete. Ready to use. And we're so confident you'll complete the program successfully, we *unconditionally guarantee your results or your money back!*

It will take you about 2 - 3 hours – start to finish.

You'll learn how to navigate through Windows 95™ or Windows 98™ just a pro ... master basic desk-top publishing ... create your own files and spread sheets.

- You'll be able to recognize all the various parts of your computer ... and how each part functions.
- You'll understand the "world wide web"... "the internet". You'll learn how to go *anywhere* in the world! Instantly!
- You'll discover how to acquire new software absolutely FREE.
- You'll discover how to bypass busy signals and get onto the Internet in a matter of seconds.
- You'll learn a *secret* way to stop receiving junk E-mail.
- You'll learn how to create and send messages to people around the world – even if you *don't type!*
- You'll learn to do financial planning, develop a workable budget...even do payroll and employment records.
- You'll discover how to acquire and install the best antivirus program in the world – FREE!
- You'll learn how to send clear, colorful family photos around the world – FREE!
- You'll learn how to FULLY protect your computer from lightning and power surges (ordinary power strips don't do the job)!
- You'll learn a secret way to get FREE stereo FM and AM stations from around the *world* and have them play on your sound system – *while you're on line!*
- You'll discover a way to make your modem dial twice as fast as it does now – FREE.
- You'll be able to create files ... short cuts ... address books – even create your own posters and greeting cards!
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- You'll discover how you can save hundreds of pounds by using your computer as a fax machine.
- And much, much more ...

Here are some comments from a few of our customers ...

"... the course is GREAT!! Why can't those computer companies make their instructions *one tenth* as good as your course?"

Frank Johnson, N.M.

"... a lot better than those "dummies" books and a whale of a lot easier to understand, too. I learned the entire Windows segment in just 38 minutes."

George Roddy, N. York

"... I'm a homemaker and grandma. I purchased your program out of self defense because the grandkids know all about computers. Now *I'm* on the internet playing trivia games with several other ladies in Scotland!! ... you made it so easy."

Margaret Hunter, O.H.

MONEY-BACK GUARANTEE

Try the course in your own home for 60 days. If you're not absolutely delighted with the results you achieve, simply return it, at any time, for a FULL REFUND. No conditions. No questions asked. That is our 100% unconditional guarantee.

Carnell Ltd., Dept CM14
28 Charles Square, London, N1 6HT

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I enclose £12.95 plus £3.00 shipping/handling.

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Address _____

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☐ I enclose a cheque / PO for £_____ payable to Carnell Ltd

☐ Please charge my Visa / Mastercard:

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Expiry Date_____ Signature _____

Delivery usually within 7 days but please allow up to 14 days. We hope to be able to bring you a variety of interesting offers from reputable companies – if you prefer not to receive such offers, please write to Carnell Ltd at the above address.

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Friday 30 July

SKY PREMIER
PREMIUM CHANNEL

6.00am The Lies He Told
1996, rating Sky PG, 88 mins
8.00 That Thing You Do!
Text *1996, rating Sky PG, 103 mins*
10.00 It Takes Two
Kirstie Alley, Steve Guttenberg
1995, rating Sky U, 97 mins
12noon The Beniker Gang
Andrew McCarthy, Charles Fields
Teen drama. *1985, rating Sky PG, 83 mins*
2.00pm The Lies He Told
Gary Cole, Karen Sillas
Riveting drama in which a lawless renegade, on the run from the authorities, lures a trusting young woman into a secret world of lust and deception. *1996, rating Sky PG, 88 mins*
4.00 That Thing You Do!
Tom Everett Scott, Johnathon Schaech, Steve Zahn, Ethan Embry, Liv Tyler, Tom Hanks
Sixties comedy. A young musician is thrilled when he's asked to join a local rock band. After a successful appearance on a talent show, the band are snapped up by a record company. Text *1996, rating Sky PG, 103 mins*
6.00 It Takes Two
Kirstie Alley, Steve Guttenberg, Mary-Kate Olsen, Ashley Olsen
Inspired by the classic tale *The Prince and the Pauper*, this family comedy features an unlikely couple brought together by two conspiring, identical looking girls from very different walks of life. *1995, rating Sky U, 97 mins*
8.00 Austin Powers: International Man of Mystery
Mike Myers, Elizabeth Hurley
Comedy send-up of Sixties British adventure movies and TV shows in which Britain's number one secret agent is sure he's God's gift to women. He is defrosted in the Nineties, to fight his old adversary, Dr Evil. Text *1997, rating Sky 15, 91 mins*
10.00 Copland
Sylvester Stallone, Harvey Keitel, Ray Liotta, Robert De Niro
Thriller. A small town sheriff is in awe of the New York cops who live in, and effectively run, his town. He has to re-evaluate his opinion of these men, and of his own worth, when an investigating officer comes to town. Text *1997, rating Sky 18, 101 mins*
11.45 Batman
Michael Keaton, Jack Nicholson
Batman fights The Joker. *1989, rating Sky 15, 121 mins*
1.50am The People Vs Larry Flynt
Woody Harrelson, Courtney Love
Fact-based drama. Text *1996, rating Sky 18, 124 mins*
4.00-6.00am Marvin's Room
Text *1996, rating Sky 12, 94 mins)*

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Action Heroes: Sylvester Stallone
6.30 Movie Magic: In Living Color
7.00 Possums
1997, rating Sky U, 93 mins
9.00 The Legend of Wolf Mountain
1992, rating Sky PG, 88 mins
11.00 Laura Lansing Slept Here
1988, rating Sky PG, 96 mins
1.00pm Possums
1997, rating Sky U, 93 mins
3.00 Jules Verne's 800 Leagues Down the Amazon
Daphne Zuniga, Adam Baldwin, Barry Bostwick, Tom Verica
Adventure in which a recently-engaged young couple travel down the Amazon with the wife's father, who is on the run, having been accused of involvement in a diamond heist. *1993, rating Sky PG, 83 mins*
5.00 The Legend of Wolf Mountain
Bo Hopkins, Nicole Lund
Family adventure about three children who find themselves lost and alone on a mystical mountain after fleeing from two convicts. During the night, one of the children has a strange dream in which a legendary Indian warrior promises to protect them. *1992, rating Sky PG, 88 mins*
7.00 p:review
Take a look at what's coming up in the following week on the Sky movie channel.
7.30 UK Top Ten
Movie chart run-down.
8.00 Anaconda
Jennifer Lopez, Ice Cube, Jon Voight, Eric Stoltz
Adventure in which a documentary team journey up the Amazon River to find the legendary Shirishama Indians, a tribe which has never before been captured on film. However, the team encounter something far more mysterious. Text *1997, rating Sky 15, 86 mins*
10.00 Standoff
Robert Sean Leonard, Natasha Henstridge, Keith Carradine
PREMIERE Thriller about a botched FBI operation to raid the headquarters of a religious cult. When the operation ends in a hail of bullets, two agents retreat to an abandoned farmhouse. *1997, rating Sky 18, 85 mins*
11.30 Albino Alligator
Matt Dillon, Faye Dunaway
Text *1996, rating Sky 18, 93 mins*
1.10am Tremors
Kevin Bacon, Fred Ward
1990, rating Sky 15, 92 mins
2.45 Blood Diner
Last Play *1987, rating Sky 18, 80 mins*
4.10-6.00am Laura Lansing Slept Here
1988, rating Sky PG, 96 mins

Jennifer Aniston and Paul Rudd star in 'The Object of My Affection'. Sky Box Office 4, see below

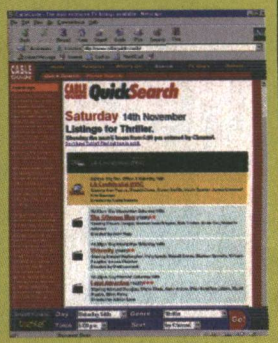
SKY CINEMA
PREMIUM CHANNEL

4.00pm The Man Who Shot Liberty Valance
James Stewart, John Wayne, Vera Miles, Lee Marvin, Edmond O'Brien, Andy Devine
Epic Western in which a tenderfoot lawyer finds an ally in an old-style cowboy in his fight against a notorious killer. *1962, rating Sky U, 118 mins*
6.05 T-Men
Dennis O'Keefe, Mary Meade, Alfred Ryder, Wallace Ford, June Lockhart, Charles McGraw
Crime drama with unusual lighting and compositions, in which a team of undercover detectives from the US Treasury attempt to smash a major counterfeiting operation. *1947, rating Sky PG, 87 mins*
8.00 Cleopatra
Elizabeth Taylor, Richard Burton, Rex Harrison, Roddy McDowell, Martin Landau, Hume Cronyn
Monumentally epic in every sense of the word, Joseph L Mankiewicz's expensive and controversial remake of the DeMille 1934 original charts the 18 years leading up to the formation of the Roman Empire, from Cleopatra's first meeting with Julius Caesar to her death alongside Mark Anthony. *1963, rating Sky PG, 233 mins*
12midnight The Man Who Shot Liberty Valance
1962, rating Sky U, 118 mins
2.05am Who's that Knocking at My Door
1968, rating Sky 18, 86 mins
3.40 The Black Room
1935, rating Sky PG, 65 mins
4.50-5.45am The Directors: The Films of Mark Rydell

MOVIE RATINGS
Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled
on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm WCW Nitro on TNT
The latest WCW wrestling action from the US.
11.35 WCW Thunder
WCW wrestling action from the US.
1.15am The 25th Hour
Anthony Quinn, Virna Lisi
Melancholy story of a peasant who falls foul of German forces in the Second World War. *1967, 114 mins*
3.15-4.55am Children of the Damned
Ian Hendry, Alan Badel
Sci-fi chiller. *1964, 86 mins*



WANT TO KNOW WHICH GWYNETH PALTROW FILMS ARE ON THIS MONTH? OUR ONLINE TV LISTINGS GUIDE WILL TELL YOU!

http://www.cableguide.co.uk

FILMFOUR
ADD-ON CHANNEL

6.00pm Short Films
Kick off the weekend with two hours of the very best that's short and sweet in the film world.
8.00 Hear My Song
Ned Neatty, Adrian Dunbar
Romantic comedy about the life of Fifties singing star Josef Locke. A desperate concert promoter thinks he's booked Locke for a concert tour. But when he discovers he has a fake on his hands, he travels to Ireland to find the real Locke. *1991, 101 mins*
9.45 Short Film: Treacle
10.00 Threesome
Lara Flynn Boyle, Stephen Baldwin, Josh Charles
Romantic drama. Alex has a name that puts her in the male column for accommodation, as far as the university computer is concerned, so she finds herself squeezed into the most intimate of living arrangements with two guys. *1994, 89 mins*
12midnight Tenebrae
Anthony Franciosa
A double of Dario Argento films begins with an author triggering off murders. *1982, 91 mins*
1.40am Suspiria
Drama. *1976, 94 mins*
3.20-6.00am In the Soup
Thriller. *1992, 95 mins*

SKY box office

A movies on-demand service from Cable & Wireless

SKY BOX OFFICE 1 IS NO LONGER AVAILABLE ON THE CABLE & WIRELESS NETWORK

Sky Box Office 2
Channel 52
LOST IN SPACE
High-energy space adventure. The earth is dying and one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt and Matt LeBlanc.
1997, Sky PG, 124 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
SIX DAYS, SEVEN NIGHTS
Romantic adventure in which a hard-boiled magazine editor becomes stranded on a desert island with a grouchy pilot. Stars Harrison Ford and Anne Heche.
1998, Sky 12, 98 mins
PLAYS AT 6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am and 4.00am

Sky Box Office 4
Channel 54
THE OBJECT OF MY AFFECTION
Romantic comedy about a young woman who, on discovering she is pregnant, persuades her homosexual flatmate to take on the role of husband and father in a union based on friendship alone. Stars Jennifer Aniston, Paul Rudd, Kali Rocha and Lena Cardwell.
1998, Sky 15, 107 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Games World 7.45 Games World 8.00 The Simpsons Text
8.30 Pokémon 9.00 Godzilla
9.30 Shadow Raiders
10.00 Xena: Warrior Princess Text
11.00 Feature
11.30 The Nanny
12noon Newlywed Game
12.30pm Hollywood Squares
1.00 The Oprah Winfrey Show
2.00 Sally Jessy Raphael

3.00 Jenny Jones
It's Not So Hot to Enhance What You've Got
Guests discuss the pros and cons of tampering with your appearance.
4.00 Guilty!
The courtroom is in session and Carole Malone is ready to pass sentence – from the light-hearted to the heavy-handed, depending on the accused's level of guilt!
5.00 Star Trek: Deep Space Nine
The Ascent
Stranded on a planet, enemies Odo and Quark must rely on each other to survive. Text
6.00 DREAM TEAM

6.30 Friends
The One with the Blackout
A city-wide power cut leaves Chandler stranded. Text
7.00 The Simpsons
Maximum Homerdrive
Homer delivers a cargo. Text
7.30 The Simpsons
In Marge We Trust
Marge works for the church. Text
8.00 Buffy the Vampire Slayer
Killed by Death
While hospitalised, Buffy battles a demon that sucks the life out of sick children. Text
9.00 Feature

10.00 Cops
Arizona
10.30 Cops
Las Vegas
Officers respond to a domestic call and arrest a prostitute.
11.00 Friends
The One with the Blackout
Chandler is stranded. Text
11.30 Star Trek: Deep Space Nine
The Ascent
Odo and Quark must rely on each other. Text
12.30am
The Chris Evans Breakfast Show
1.30 Law and Order
Coma
A woman is shot.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads 7.25 The House of Eliott 8.25 EastEnders
9.00 The Bill 9.30 The Bill
10.00 Bergerac
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00
All Creatures Great and Small
2.00 Dallas
Comings and Goings
2.55 The Bill
Faith in the System
Carver sees a heavy-handed arrest.

3.25 The Bill
Keeping Mum
Tosh is puzzled by a young thief.
3.55 EastEnders
Gill worries that Mark will not be able to cope with the difficult times ahead.
4.30 Neighbours
Phoebe's secret is finally revealed to her schoolmates.
5.00 Dynasty
Sideswiped
Blake is forced to give up his office after Alexis buys up enough stock to control Denver-Carrington.
6.00 Bugs
A Sporting Chance
The team visit a sports academy to investigate the development of a drug. But the man behind it does not have sports in mind.
7.00 Last of the Summer Wine
The Flag and Further Snags
Comedy from the Pennines.
7.40 Dad's Army
Don't Fence Me In
The men guard a POW camp.
8.20 Only Fools and Horses
The Second Time Around
Love comes into Del's life when an old flame returns to London.
9.00 Shooting Stars
Vic Reeves and Bob Mortimer host the comedy quiz show.
9.40 Red Dwarf
Confidence & Paranoia
Lister contracts a mutated form of pneumonia and his hallucinations become solid.
10.20 Crime Traveller
Sins of the Father
Slade has to confront the truth about his father when he finds himself accused of robbery.
11.25 The Bill
Faith in the System
Carver sees a heavy-handed arrest and his loyalty is tested.
11.55 The Bill
Keeping Mum
Tosh is puzzled by a young thief.
12.25-2.30am Dr Who Omnibus
Dalek Invasion of Earth
More sci-fi thrills. It's London in the year 2167 and the Daleks have invaded Earth, turning humans into slaves by clamping control helmets to their heads.

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living 9.00 Special Babies 9.30 Home and Away
10.00 The Jerry Springer Show
10.50 Change of Heart 11.20 Ready, Steady, Cook 11.55 Maury Povich 12.45pm Entertainment Now 1.15 TV Dinners
1.45 Trauma Center
2.15 Special Babies
2.50 Living Room
Upbeat magazine programme, featuring human interest stories, celebrities, fashion and beauty. Presented by Lorraine Kelly.

3.40 Maury Povich
Compelling and personal talk show dealing with emotional conflicts, hosted by various veteran broadcast journalist Maury Povich.
4.30 Home and Away
More in Summer Bay.
5.00 Change of Heart
Dating show in which partners meet their dream date.
5.30 The Dating Game
Dating show in which guests choose looks or personality.
6.00 The Jerry Springer Show
American talk show in which Jerry Springer and his guests engage in heated discussions.
6.50 Fashion Emergency
Makeover show.
7.15 Life, Camera, Action
Amazing real-life drama caught on camera.
7.40 The Jerry Springer Show
Outrageous American talk show in which Jerry Springer and his guests discuss relationships.
8.30 FILM: Dangerous Pursuit
Gregory Harrison, Alexandra Powers, Scott Valentine
Tense thriller about a young woman who tries to stop the assassination of an important politician who is visiting her town. *1989*

10.30 Sextasy!
Late-night raunchy fun with Katrina Buchanan.

11.30-12midnight Passion
Erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Jason King 7.00 Plus on Plus 7.30 The Army Game
8.00 Families 8.30 Hogan's Heroes 9.00 Classic Coronation Street 9.30 Emmerdale
10.00 Bonanza
11.00 Charlie's Angels.
12noon Classic Coronation Street
12.30pm Emmerdale
1.00 Rising Damp
1.30 The Two of Us
2.00 The High Chaparral

3.00 Cagney and Lacey
The Gang's All Here
Lt. Bert Samuels and his squad suffer the embarrassment of losing their guns and badges when the 14th precinct is robbed.
4.00 Minder
Diamonds Are a Girl's Worst Enemy
Terry gets a job as a driver but discovers he's been transporting stolen diamonds.
5.00 Charlie's Angels
Marathon Angels
Two runners are abducted by masked men before a women's marathon with no apparent motive or reason.
6.00 Emmerdale
Christopher falls out with Kathy.
6.30 Classic Coronation Street
Mike awaits important visitors, but the girls want to strike.
7.00 Rising Damp
Things That Go Bump in the Night
7.30 The Two of Us
Should Auld Acquaintance
An old friend visits Elaine.
8.00 Minder
Diamonds Are a Girl's Worst Enemy
Terry gets a job as a driver but discovers he's been transporting stolen diamonds.
9.00 Cagney and Lacey
The Gang's All Here
American police drama.
10.00 Tommy Cooper
10.30-11.00pm The Wheeltappers & Shunters Social Club

GRANADA MEN & MOTORS
ACTION PACK

11.00pm Talking Dirty
Fly-on-the-wall sex series.
11.20 Sunny Hotspots and Girls
Travel show from Ibiza.
11.50 Lady Lust's Lovelies
12midnight
Lady Lust's Football Lovelies
Teresa May and the girls as they take us through the world of football.
1.00am Real Sex
A candid look at the ways in which society explores sexuality.
1.30-2.00am
A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Big Blue House 6.25 Bite Size 6.35 Sing Me a Story 7.00 Pooh 7.15 PB and J Otter 7.30 Aladdin 8.00 101 Dalmatians 8.30 Timon and Pumbaa 9.00 Art Attack 9.35 Hercules 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Boy Meets World 12noon Brotherly Love 12.30pm Men in Black 1.00 Adventures of Sam 1.25 Classic Toon
1.30 FILM: Brink
Erik Von Detten, Sam Horrigan
The high speed world of in-line skating is the setting for this movie. *1998* Text
3.00 The Little Mermaid
Undersea adventures of the beautiful mermaid Ariel. Text
3.30 Art Attack
Innovative programme by the Neil Buchanan. Text
4.00 101 Dalmatians
Canine capers.
4.30 Hercules: The TV Show
Hercules and the Parents' Weekend Text
5.00 Recess Text
5.15 Pepper Ann Text
5.30 The Famous Jett Jackson
The Famous Stone Gold
Accidents happen on set. Text
6.00 Smart Guy
TJ's a smart kid who jumps six grades. Text
6.30 Boy Meets World
Things Change
Cory has a hard time. Text
7.00 FILM: Mr Headmistress
Harland Williams, Katey Segal
Comedy about a con-man who impersonates a headmistress to escape from a group of thugs and the money he owes them. But he hasn't reckoned with a busybody. *1998*
8.30 Honey, I Shrunk the Kids: TV Show
Honey, They're After Me Lucky Charms Text
9.15 So Weird
Fiona 'Fi' Phillips has an obsession for all things weird.
9.40 Bone Chillers
Fright fest with humour. Text
10.00 Home Improvement
Wilson's Girlfriend Text
10.30 Flipper Text
11.15 Eyewitness Text
11.50-12midnight Cartoon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

FRIDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

FILM

Tenebrae
FilmFour 12midnight
Italian gore guru Dario Argento made his triumphant return to the 'giallo' genre (lurid whodunnits) with this intense, stylish and decoratively violent thriller. In Rome, a killer seems to be inspired by the works of an American writer (Anthony Franciosa).

GENERAL

Cops
Sky One 10.00pm
Nervy 'you-are-there' camerawork and uncompromising situations give *Cops* a sense of immediacy that makes it the toughest fly-on-the-wall documentary series around. The second of tonight's double helping shows police in Las Vegas apprehending a prostitute.

ADVERTISEMENT

living
JERRY SPRINGER
10.00AM, 6.00PM AND 7.40PM
The outrageous chat show host is best known for the shock revelations of his guests and the even more shocking reaction of his audience. Watch out for classic episodes where his guests 'have a secret' to tell their partners.

Friday 30 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM
7.30am Swimming – LIVE
Coverage of the European Championships in Istanbul.
8.45 Athletics
Action from the IAAF Permit Meeting in Barcelona, Spain.
9.30 Swimming – LIVE
Further action from Istanbul.
12.45pm Tennis – LIVE
Action from the ATP Tournament in Austria.
2.30 Swimming – LIVE
Coverage of the European Championships in Istanbul. Today's finals include: 1500m and 200m freestyle for men, 100m backstroke for women, 50m breaststroke for men and women, and the 100m Butterfly for women.

4.30 Swimming
Action from European Championships in Istanbul.

5.00 Athletics – LIVE
Coverage of the IAAF Grand Prix I meeting in Stockholm. The 8th IAAF Grand Prix of the season is the largest athletics competition in Sweden.

8.00 Athletics
Highlights of the IAAF Grand Prix I in Stockholm.
8.30 Boxing
Action from an international contest.

9.00 Bowling
Highlights of the 1999 Golden Bowling Ball in Lille, France.

10.00 Swimming
Highlights of the European Championships in Istanbul.

11.00 YOZ Action
Coverage of youth-orientated street sports.

12.00 NIGHT TIME
12midnight-12.30am Athletics
Action from the IAAF Grand Prix I in Stockholm, Sweden.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 World Wrestling Federation – Superstars
8.15 Sky Sports Centre
8.30 Racing News
9.00 Aerobics Oz Style
9.30 Trans World Sport
10.30 Cricket: England U19 v Australia U19 – LIVE
2.15pm Second Innings: Alec Stewart – England v South Africa 2.45 Cricket: England U-19 v Australia U-19 – LIVE
Action from the second session in the under-19 match between England and Australia. Durham's Michael Gough, who has already played first class cricket for his county, is one of the many talented young players to look out for.

6.30
Sky Sports Centre
All the major headlines from the world of sport.

7.00
Super League – LIVE
Coverage of another top match in the JJB Sports Super League. Presented by Eddie Hemmings and Mike Stephenson.

9.30
Sky Sports Centre
All you could possibly ask for in terms of up to the minute sports news.

10.00
World Wrestling Federation – Raw
Jim Ross, Kevin Kelly and Michael Cole report on the latest action and adventure from the World Wrestling Federation circuit. With classic matches and celebrity guests such as Iron Mike Tyson, this show is unmissable.

12midnight Euro Tour Golf: Smurfit European Open
2.00am Super League
3.00 Sky Sports Centre
3.30 World Wrestling Federation – Raw
5.30-6.00am Sky Sports Centre

SKY SPORTS 2
PREMIUM CHANNEL

7.00am Aerobics Oz Style
7.30 Sky Sports Centre
7.45 Racing News 8.15 Rebel Sports 8.45 Sky Sports Centre 9.00 Tight Lines 10.00 Soccer Extra
12noon Football Special: Graeme Souness Documentary
1.00pm Futbol Mundial
1.30 Formula 3
2.00 Tight Lines

3.00 Totalsport
The programme that showcases all sides of the sporting world.
3.30
Trans World Sport
Power-hitting, high scoring, non-stop action.
4.30 Football Special: Graeme Souness Documentary
Profile of the former star.
5.00 Gillette World Sport Special
A comprehensive report on the more alternative sports from across the globe.
5.30 Moto-Plus
6.00 Gaelic Games
Action from the Gaelic Games
6.30 Inside the PGA Tour

7.00 Darts: World Matchplay Semi-Finals – LIVE
Semi-final action from the PDC World Matchplay – featuring the world's top 32 players. Rod Harrington is the defending champion, he beat Keith Deller 13-10 to make it through to the final 12 months ago, while Ronnie Baxter edged out Chris Mason in the other semi. Jeff Stelling and Sid Waddell supply all the action from the Winter Gardens in Blackpool.

11.00 Soccer Extra: December Review

2.00am Moto-Plus
2.30 Extreme Sailing
3.00 Ford Golf USA: Canon Greater Hartford Open
Action from day two of the $2million Canon Greater Hartford Open.
5.30-6.00am Moto-Plus

SKY SPORTS 3
PREMIUM CHANNEL

10.30am
Euro Tour Golf: Smurfit European Open – LIVE
Action from the opening day's play in the Smurfit European Open from the K Club in Dublin.
1.30pm Trans World Sport
2.00 Bobby Charlton's Football Scrapbook: Billy McNeill
2.30 Futbol Mundial

3.00 Euro Tour Golf: Smurfit European Open – LIVE
Action from the second session in day one of the Smurfit European Open. This is the second richest event on the European Tour outside the British Open. Sweden's Mathias Grönberg won the event last year at the K Club in Dublin, which is also the scenic venue for this year's tournament.

6.00 The Winning Post: Newmarket/ Salisbury – LIVE
Jeff Stelling presents live horse racing action from the meetings at Newmarket and Salisbury.

8.00 Extreme Sailing
The most daring seafarers in action risking life and limb for their craft.
8.30 Inside the Senior PGA Tour
9.00 Ford Golf USA: Canon Greater Hartford Open – LIVE
Action from day two of the $2million Canon Greater Hartford Open.

11.30-12midnight Extreme Sailing
Life on the high seas is never plain sailing as this programme shows.

Mathius Grönberg of Sweden defends his Smurfit European Open crown. Sky Sports 3 10.30am, 3.00pm

MUTV
ADD-ON CHANNEL

6.00pm Red Hot News Special
A comprehensive look ahead to the weekend's football with the latest news.
6.30 Red Legends
7.00 Talk of the Devils: The Boss, the Players and You
High-profile personnel at Manchester United have their say.
8.00 Red Hot News Special
8.30 Super Match – Vintage Reds
A classic contest from the archives is dusted down for your viewing pleasure.
9.25 Red Hot Update
9.30 The Friday Supplement
A look ahead to the weekend's fixtures. Journalists and pundits assess United's chances.
10.30 Red Hot News Special
A look ahead to the weekend's football.
11.00-12midnight Red Replays
From transfer news to controversial views, this is the show that reviews the week inside Old Trafford.

Win £100 Cash
Simply answer 1 trivia question and it could be you! Phone:
09065 508 918
Calls cost £1.00 per minute. Likely duration 2 minutes. Competition closes each Monday 12noon. Over 18s only.

SCI-FI
ACTION PACK

7.30am Bloomberg Television 8.00 Incredible Hulk 9.00 Battlestar Galactica 10.00 Sightings 11.00 Dark Shadows 11.30 Ray Bradbury Theatre 12noon Twilight Zone 12.30pm Twilight Zone 1.00 Six Million Dollar Man 2.00 Amazing Stories 2.30 Mysteries, Magic and Miracles

3.00
Battlestar Galactica
Spaceball
The treacherous Xavier sends Troy and Dillon on a phony space mission.
4.00
The Incredible Hulk
Deep Shock
David Banner tries to reverse the effects of an experiment.
5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences. Hosted by Tim White.
6.00 The Ray Bradbury Theatre
The Pedestrian
6.30 New Alfred Hitchcock
Night Fever
7.00 The Six Million Dollar Man
Bigfoot V
The giant Bigfoot is spotted in the wilderness and goes on the rampage.
8.00
A Century of Sci-Fi
After the End
8.30 The Crow: Stairway to Heaven
Before I Wake
Draven regresses back to a traumatic former life, as a Native American called Blackfeather.
9.30 FILM: Akira
Mitsuo Iwara, Nozomu Sasaki, Mami Koymara
Animation. In a post-apocalyptic city of the future, Akira, a young psychic biker boy battles with street gangs and urban terrorists. *1988*

12midnight
FILM: Ghost in the Shell
Atsuko Tanaka, Tamio Oki
An officer in a security force, is sent on the trail of a criminal, the Puppet Master.
1.35am Sci-Focus Special
2.00 Cybernet
2.30 100 Years of Horror
3.00-4.00am Dark Shadows

LIVE
SMURFIT EUROPEAN OPEN
SKY SPORTS 3 10.30AM, 3.00PM

If anyone needed proof that one day the Swedes are going to take command of the PGA European Tour and, thereby, the Ryder Cup, then look no further than the Smurfit European Open. The picturesque K Club in Dublin witnessed a monster 10-shot victory by Sweden's Mathias Grönberg last year. Grönberg isn't even in the Swedish top five, so how good are the Sandelins, Parneviks and Sjölands? The prize money is an impresssive one million euros.

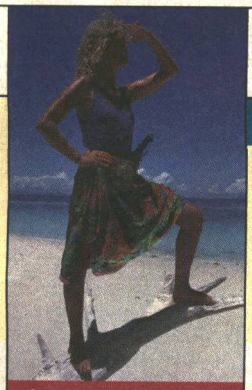
ITV2
ACCESS PACK

4.00pm Trisha
Trisha Goddard shares heartwarming true stories with a studio audience.
5.05 Gladiators
6.00 Pump It Up
Contenders tackle the biggest and toughest inflatable assault course.
6.30 Life's a Beach
8.30
Sport Zone: Futbol Mundial
9.00 New Jerry Springer
Outrageous American talk show in which our host Jerry Springer and his guests engage in lively – and sometimes extremely heated – discussions about relationship issues.
9.45 Words With...
Celebrities relate anecdotes based on the words or phrases written on cards they are given, and bring in their three favourite things.
10.00 Bad Girls
11.00 Coronation Street
Tonight's episode from ITV.
11.30 Bedrock
An hour of fun with celebrity guests, music, bedroom webcams and e-mail activity.
12.30am Futbol Mundial
All the latest news and action from the world of football.
1.00-1.30am
Who, What, Why? Current affairs programme.

TELEVISION X
ADD-ON CHANNEL

12midnight Ten Minute View
12.10am Suburban Tales
12.20
Teresa Scott Unleashed
12.45 FILM: Wet Nurses
1.00 Five Minute Free View
1.05 FILM continues
2.00 Five Minute Free View
2.05 Fantasy Night Calls
2.20 FILM: Adult Feature
3.40-4.00am Jo

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details



Joanna Lumley is stranded on a desert island in 'Girl Friday'. UK Horizons 9.00pm

L!VE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 Nation L!VE 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 Fashion 9.00 No Tomorrow 9.30 Lie Detector 10.00 Proposals 10.30 BodyHeat 11.00 Judge Judy 11.30 Lie Detector 12noon Fashion Show 12.30pm Boys' Toys 1.00 No Tomorrow 1.30 Agony 2.00 Indecent Proposals 2.30 BodyHeat

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30 Mis-Match of the Day
Celebrity football challenge.
4.00 Lie Detector
Deception uncovered using modern methods.
4.30 Judge Judy
The tough New York judge takes another case.
5.00 Agony
More helpful advice for troubled souls.
5.30 Indecent Proposals
Cash for foolishness.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 Agony
More helpful advice for troubled souls.
7.00 Judge Judy
The tough New York judge takes another case.
7.30 Agony
More helpful advice for troubled souls.
8.00 Lie Detector
Deception uncovered using modern methods.
8.30 Judge Judy
Judy Sheindlin adjudicates on more domestic disputes.
9.00 Dog Night L!VE
Live coverage of high-speed hare chasers, as Louise Brady presents greyhound racing action from around the country.
10.00 Compromising Situations
American erotic drama.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Strip Masterbrain
11.45 Private Dancer
12midnight Compromising Situations 12.30am Janeycam 12.45 Pleasure Dome 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Coxon's Kitchen College 10.00 Gordon Ramsay's Passion for Flavour 10.30 Food for Thought 11.00 Red Hot 'n' Smokin' 11.30 The Green Gourmet 12noon Food Network 12.30pm The Alex Factor 1.00 Coxon's Kitchen College 1.30 Food from the Village 2.00 Aldo and Friends 2.30 Food Network 3.00 School Dinners 3.30 Vin Ordinaire 4.00 A Year at Ballymaloe With Darina Allen. 4.30-5.00pm Tessa's Tastebuds

CARLTON SELECT
LIFESTYLE PACK

5.00pm Food for Thought
Supertips and Handy Hints
With Sarah Greene.
5.30 Get Smart
The Secret of Sam Vittorio
6.00 I Spy
The Sixties drama series about a pair of laid-back US espionage agents. Starring Bill Cosby and Robert Culp.
7.00 Boon
House Guests
Harry is taken for a ride when he accepts a job and discovers uninvited guests in his flat.
8.00 Blue Heelers
Fool's Gold
Maggie and PJ are rescued and have to make a decision about their future together.
9.00 Auf Wiedersehen, Pet
Love and Other Four-Letter Words
Dennis's wife is coming over to Germany.
10.00 Jenny Eclair's Private Function
10.30 The Screen
Magazine programme looking at all the latest films.
11.00 Hill Street Blues
Moon over Uranus
A veteran police lieutenant bent on revenge makes Furillo's life miserable.
12midnight I Spy
The Sixties drama series about a pair of laid-back US espionage agents.
1.00am-2.00am The Rector's Wife
Anna's new job provides her with the money to send Flora to St Saviour's.

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court
12.30pm Judge Wapner's Animal Court
A defendant is accused of not controlling her cats.
1.00 Hollywood Safari
Cruel People
2.00 The Crocodile Hunter
Hidden River
2.30 Twisted Tales
Crocodile
3.00 Amphibians
The Acrobatic Frog
The tree frog profiled.
3.30 The Crocodile Hunter
Dinosaurs Down Under
4.00 Profiles of Nature
Venomous Snakes
A poisonous snake bite is one of the most common human fears.
5.00 Rediscovery of the World
Papua New Guinea – Crocodile Men
Jacques Cousteau's team explores the Sepik River.
6.00 The Crocodile Hunter
Outlaws of the Outback
A look at how Australia deals with attacks from feral pests.
7.00 The Crocodile Hunter
Outlaws of the Outback
Continuing the look at Australian problems with bush pests.
8.00 Judge Wapner's Animal Court
8.30 Judge Wapner's Animal Court
A couple who split up fight for custody of a puppy.
9.00 Emergency Vets
The vets meet an owner who stayed up all night while her husky gave birth.
9.30 Emergency Vets
Includes an anorexic dog.
10.00 Emergency Vets
Dr Webb has to clear the lungs of a beagle.
10.30 Emergency Vets
11.00-12midnight Hunters
Eye of the Serpent
Reptiles are among the most beautiful and lethal creatures on the planet.

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Now Get Out of That 7.30 Aristotle Onassis 8.30 Esther 9.05 Supernatural Science 10.00 Supernatural Science 11.00 Supernatural Science 12noon Lion Country 12.30pm Animal Hospital 1.00 Mysteries with Carol Vorderman 1.30 Life Stories 2.00 Tomorrow's World Plus

3.00 Rocky Mountain Cowboy
Dylan Winter joins two cowboys as they drive two thousand cattle up into their summer pastures.
4.00 Pleasure Beach
4.30 Esther
Twins
A studio audience of twins tells Esther Rantzen tales of psychic links.
5.00 Lion Country
A young lioness gives birth to two cubs unexpectedly.
5.30 Eagle Empire
A portrait of the sea eagle returning to Scotland.
6.00 Columbus and the Age of Discovery
The Sword and the Cross
On his second voyage, Columbus set out with 17 ships and 1,200 colonists.
7.00 The Human Body
Robert Winston explores the processes our bodies go through when we die.
8.00 Roadrunner – Clown of the Desert
8.30 Animal Hospital
A look at the 24-hour RSPCA Harmsworth Hospital for Sick Pets.
9.00 Girl Friday
Joanna Lumley agrees to spend nine days on the uninhabited Tsarabajina Island with only a basic survival kit and a film crew.
10.00 Pleasure Beach
A look at the life of Blackpool Pleasure Beach.
10.35 Pleasure Beach
11.05 Robot Wars

11.35 The Clampers
Fly-on-the-wall series.
12.05am-1.00am Inside 25 Cromwell Street

UK PLAY:
1.00am Bob Downe All Over Britain 2.00 Funny Noise 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Chigley 4.45 Trumpton 5.00 The UK Top 20 5.30 Funny Noise 6.30-7.00am TOTP Plus

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Food Livetime 7.50 Consuming Passions 8.00 The View 8.50 Consuming Passions 9.00 Perfect Parenting 9.30 Family Recipes 10.00 Surprise Gardeners 10.30 Young Chefs 11.00 Indoor Garden 11.30 House Style 12noon The Montel Williams Show 1.00pm Psychic Livetime 2.00 The View

3.00 Astrology Livetime
Live phone-in offering viewers the chance to find out just what the stars hold for them.
4.00 The Montel Williams Show
Juvenile Offenders
Award-winning American talk show hosted by Montel Williams.
5.00 Roddy Llewellyn's Indoor Garden
5.30-6.00pm House Style

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Land of the Anaconda
Jesus Rivas delves into the layers of mud where the anaconda hides to unveil their secret world.
8.00 Man-Eaters of India
Dr R C Singh hunts for a mysterious predator that killed over 40 children from villages around India.
9.00 Wildlife Legacy
Cinematographer Tristan Bayer follows leading film-makers as they document endangered species in their natural habitats.
10.00 Jewels of the Caribbean Sea
A look at the wildlife living beneath the waters of the Caribbean Islands.

11.00 Amate – The Great Fig Tree
In the tropical forests of Belize, the fig tree shelters many creatures.
12midnight Lifeboat: Friendly Rivals
August sees a record number of call-outs for the lifeboat crew.
12.30am-1.00am Mr Yusu's Farewell
A look at the culture of Indonesian forest tribes.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm The Games Room
5.15 Cross Wits
Crossword games.
5.45 The Games Room
6.00 Family Fortunes
Big money gameshow hosted by Les Dennis.
6.30 The Games Room
6.40 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.15 The Games Room
7.25 Whittle
7.55 The Crystal Maze
The programme with an eclectic collection of games and challenges, both mental and physical, with Richard O'Brien.
9.00 The Games Room
9.15 Stars in Their Eyes
9.45 The Games Room
10.00 Endurance UK
10.30 The Cooler
Donna Air trawls through the world of trash in the quiz, testing contestants on all sorts of stuff.
11.00 Celebrity TV Bloopers
More of celebrities' most embarrassing moments and slips of the tongue captured on camera.
12midnight Carnal Knowledge
1.00am 3-2-1
2.00 Love at First Sight
2.30 Studs
3.00 Simply Irresistible
3.30 Blockbusters
4.00 Fifteen to One
4.30 Give Us a Clue
5.00-6.00am Screenshop

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 FILM: Adult Feature 11.30 Sex Court 12midnight Freeview 12.10am Suburban Sex Secrets 12.25 New Public Places 12.55 Dr Anna St John 1.20 FILM: Cirque De Sex 3 2.40 Adult Feature 3.10 Adult Feature 3.50-4.00am Alison

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV Music soundbites. 11.00 brand:new 12noon Mad 4 Hits 2.00pm Dance Floor Chart June Sarpong starts the weekend with a rundown of the UK's best club hits. 3.00 Bytesize MTV Music soundbites. 4.00 Select MTV 6.00 News 6.30 UK Singled Out 7.00 brand:new 8.00 Dance Floor Chart A rundown of the UK's best club hits. 9.00 MTV Megamix 10.00 News 10.30 UK Singled Out 11.00 The Blame Game 11.30 Say What?? 12midnight Partyzone 1.00am News 1.30 UK Singled Out 2.00 Club Mix 3.00 MTV Megamix 4.00 Partyzone 5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 Jukebox 4.00 Behind the Music 5.00 VH1 Live 6.00 Something for the Weekend 7.00 Greatest Hits of... 7.30 Talk Music 8.00 Rock'n'roll Classics 8.30 The Best of Live a't VH1 9.00 The Kate and Jono Show 10.00 Ten of the Best 11.00 VH1 Spice 12midnight The Friday Rock Show 2.00-6.00am VH1 Late Shift

UK STYLE
LIFESTYLE PACK

7.00am Tracks 7.30 Style Challenge 8.00 Can't Cook, Won't Cook 8.30 Ready, Steady, Cook 9.00 The DIY Show 9.30 Style Street 10.00 Ainsley's Meals in Minutes 10.30 Looking Good 11.00 Antiques Roadshow 12noon Real Rooms 12.30pm Good Living 1.00 Ready, Steady, Cook 1.30 Delia Smith's Summer Collection 2.00 Style Street 2.30 Garden Stories 3.00 Growing Places 3.30 Voyage 4.00 Voyage 4.30 a la mode 5.00 Antiques Roadshow 6.00 Holiday in Style 7.00 Can't Cook, Won't Cook 7.30 The DIY Show 8.00 Real Rooms 8.30 Style Street 9.00 Gardeners' World 9.30 Good Living 10.00 The House Detectives 10.30 The Antiques Show 11.00 How Does Your Garden Grow? 12midnight-1.00am Rough Guide to the World's Islands

Friday 30 July

MORNING

NIGHT TIME

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Joy of Painting 6.30 Garden Club 7.00 Gardens Great and Small 7.30 Painted House 8.00 Cookabout 8.30 Our House 8.55 Joy of Painting 9.30 Gardens Great and Small 10.00 Garden Club 10.30 House Down Under 11.00 In the Workshop 11.29 Home and Leisure House 11.30 Fishing with Henry 12noon Car Show 12.30pm Wood Wizard 1.00 Hometime 1.30 Gimme Shelter 2.00 Yankee Workshop 2.30 Home Again 3.00 This Old House 3.30-4.00pm The Dirt Detective

DISCOVERY
WORLD PACK

4.00pm Rex Hunt's Fishing Adventures
Join Rex Hunt at Lake Jindabye.
4.30 Walker's World
Argentina
5.00 Classic Trucks
5.30 Treasure Hunters
The Mystery of the Old Slumach
Follow treasure hunters.
6.00 Zoo Story
The continuing stories from London Zoo.
6.30 Love in the Wild
Documentary looking at the complex social behaviour and mating rituals of animals.
7.30 Great Escapes
Lost at Sea
An examination of a freak water accident.
8.00 The Crocodile Hunter
Where Devils Run Wild
An adventure through the rugged and beautiful terrain of Tasmania.
9.00 The Barefoot Bushman
Rob Bredl, retraces the steps taken by the stranded crew of a US airforce plane.
10.00 Animal Weapons
Armed to the Teeth
A look at how different environmental conditions demand body adaptations.
11.00 Extreme Machines
Incredible Robots
Look at the machines that are evolving ten million times faster than humans.
12midnight The FBI Files
Human Prey
How the FBI led an investigation into the murders of five people.
1.00am Classic Trucks
1.30-2.00am Treasure Hunters
The Mystery of the Old Slumach

CARTOON NETWORK
FAMILY PACK

5.00am Magic Roundabout 5.30 Fruitties 6.00 Tidings 6.30 Blinky Bill 7.00 Tabaluga 7.30 Flying Rhino 8.00 Looney Tunes 8.30 The Powerpuff Girls 9.00 Dexter's Laboratory 9.30 Cow and Chicken 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon Cow and Chicken 12.30pm Animaniacs 1.00 Cow and Chicken 1.30 2 Stupid Dogs 2.00 Cow and Chicken 2.30 The Powerpuff Girls
3.00 Cow and Chicken
Cartoon comedy with the mismatched siblings.
3.30 The Sylvester and Tweety Mysteries
4.00 Cow and Chicken
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Cow and Chicken
Cartoon comedy with the mischievous mismatched siblings.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Tom and Jerry
Comedy with the naughty cat and mouse.
7.30 Looney Tunes
Comedy in this children's animation.
8.00 Cartoon Cartoons
Cartoon comedy.
8.30-9.00pm Cult Toons

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am. Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am. Saturdays: The best of the week plus lifestyle highlights. Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

6.00am The Magic School Bus 6.30 Bananas in Pyjamas 7.00 Blues Clues 7.30 Arthur 8.00 Pippi Longstocking 8.30 Stickin' Around 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Bruno the Kid 11.30 Doug 12noon Sister Sister 12.30pm Clarissa Explains it All 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Round the Twist 2.30 CatDog
3.00 Angry Beavers
Madcap animated antics with the antagonistic rodent brothers.
3.30 Brothers Flub
Animated antics.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sister Sister
Comedy with sisters Tia and Tamera.
5.30 Kenan & Kel
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
Playing Hooky
Fun with the sisters.
7.30 Jenny
8.00 Desmond's
British comedy series based in a Peckham barber's shop.
8.30 Mad About You
Happy Anniversary
9.00 Ellen
Salad Days
There is a surprise guest at Ellen's dinner party.
9.30 Spin City
Deaf Becomes Her
10.00 FILM: Monty Python Reunion Special
Comedy with Terry Jones, John Cleese, Eric Idle and Michael Palin.

12midnight Comedy Network 12.30am Armstrong and Miller 1.00 The Larry Sanders Show 1.30 Late Night with David Letterman 2.30 Nurses 3.00 Mork and Mindy 3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 The Incredible Hulk 7.15 Masked Rider 7.40 X-Men 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Oggy and the Cockroaches 11.30 Eek the Cat 12noon Donkey Kong Country or Masked Rider 2.15pm The Incredible Hulk 2.40 Masked Rider
3.05 X-Men
Join Wolverine and the team in their fight against evil.
3.30 Summer X-Press
3.35 Spiderman
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
Spooky stories.
5.00 Dennis and Gnasher
Dennis and Gnasher team up to take on adults.
5.30 Ace Ventura
Animated adventures.
6.00 Casper
6.25 Oggy and the Cockroaches
6.50-7.00pm Eek the Cat

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 Diamanté Designs
Diamond-look jewellery.
8.30 Dress for Less
Budget fashion for last-minute holidays.
9.30 Fitness Zone
Help from a fitness expert.
10.00 Junior Choice
Holiday essentials for kids.
11.00 Jewellery Box
Personalised jewellery.
12noon Dress for Less
Stylish lingerie on a budget.
1.00pm Bargain Shop!
1.30 Shop! Selection
Round-up of the best-sellers on Shop!
2.30 In the Garden
How to make the most of your garden.
3.00 Shop! Feature
Cameras and accessories on a budget.
4.00 Cook's Den
Includes a feature on microwave cooking.
5.00 Shop! Selection
A round-up of the best offers this week.
6.00 Jewellery Box
Special range of personalised jewellery.
7.00-8.00pm Junior Choice
A selection of holiday essentials for cool children.

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 9.30 The World Today 10.00 News 1.00pm News 1.30 UK Today 2.00 News 2.30 The World Today 3.00 News 4.00 News 5.00 News 6.00 UK Today 7.00 News 7.30 Sportsday 8.00 News 9.00 News 9.30 Europe Direct 10.00 News 10.30 HARDtalk 11.00 News 11.30 Talking Movies 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 Talking Movies 3.00 News 3.30 HARDtalk 4.00 News 4.30 Zero 30 5.00 News 5.30-6.00am Seven Days

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 World Business 6.00 This Morning 6.30 World Business 7.00 This Morning 7.30 Business 8.00 This Morning 8.30 Sport 9.00 Larry King 10.30 Sport 11.30 Asia 12.30pm Earth Matters 1.30 Report 2.30 Showbiz 3.30 Sport 4.30 Inside Europe 5.00 Larry King 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.45am Asia 1.30 Q&A 2.00 Larry King 4.30-5.00am Moneyline

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Your Call 12noon Sky News Today 5.00pm Live at Five 8.30 Sky Business Report 9.30 Answer the Question 10.00 Sky News at Ten 10.30 Sportsline 12.30am CBS Evening News 1.30 Your Call 2.30 Sky Business Report 3.30 Week in Review 4.30 Fashion TV 5.30-6.00am CBS Evening News

INTERNATIONAL

TV5 5.00am Journal Télévisé TV5 5.15 Journal des Journaux 5.30 Télématin et Le Journal du Temps 7.00 Journal Télévisé de Radio Canada 7.30 D (Design) 8.00 TV5 Infos 8.05 Zig Zag Café 9.00 Journal Télévisé TV5 9.15 Des Héros Ordinaires La Porte du Ciel 11.00 TV5 Infos 11.05 Voilà Paris 11.30 Journal Télévisé France 12noon TV5 Infos 12.05pm Saga Cité 12.30 Sindbad 1.00 Journal Télévisé TV5 1.15 Des Héros Ordinaires la Porte du Ciel 3.00 Journal Télévisé TV5 3.15 TV5 Questions 3.30 Les Belges du Bout du Monde 4.00 TV5 Infos 4.05 Pyramide 4.30 Questions pour un Champion 5.00 Journal Télévisé TV5 5.15 Des Héros Ordinaires la Porte du Ciel 7.00 Journal Télévisé Belge 7.30 Journal Télévisé de France 2 et Le Journal du Temps 8.00 TV5 Infos 8.05 Bénédicta da Silva 9.00 Journal Télévisé TV5 9.15 Ça se Discute 11.00 Journal Télévisé Suisse 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL
CABLE EXCLUSIVE

7.30am DD News 8.00 Katha Sagar 8.30 Holy Qur'an 9.00 FILM 11.30 News 12noon Darpan 12.30pm Chidi Ka Ghulam 1.00 Swabimaan 1.30 FILM 4.00 Jaldi Jaldi 4.30 Gehra Paani 5.30 Babu 6.00 Tiger 6.30 Asianet Aur Aap 7.00 Swabimaan 7.30 News 8.00 A Mouthful of Sky 8.30 Dard 9.00 FILM 11.30 News 12midnight Edit 12.30am Asianet Aur Aap 1.00 FILM 4.00 A Mouthful of Sky 4.30 Swabimaan 5.00 BPL Oye Countdown 6.00 Jaldi Jaldi 6.30 News 7.00-8.00am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dam Dama Dam 6.30 Jaagran 7.00 Faith: Muslim 7.30 News 8.00 Pakistan News Link 8.30 Tara-2 9.00 Adhikar 9.30 Raahein 10.00 Mohabbat Eik Mohabbat 11.00 Zaike Ka Safar 11.30 Parampara 12noon FILM 3.00pm Hum Zameen 3.30 Chalo Cinema 4.00 Filmi Chakkar 4.30 Mama Miya 5.00 Mr Gayab 5.30 Amanat 6.00 Hip Hip Hurray 6.30 Best of India 7.00 Khoobsurat 7.30 Entertainment Express 8.00 News 8.30 Aashirwad 9.00 FILM 12midnight News 12.30am Woh 1.00 X-Zone 2.00 FILM 5.00 Beegi Ke Pg 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Today with Marilyn Hickey 5.30 River of Life 6.00 Good News 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 Thought for the Day 7.35 Kids TV 7.45 This is Your Day 8.15 Good Morning Europe with Rory and Wendy Alec 8.30 The Messenger 9.00 Another Day of Victory 9.30 A Call to Prayer 10.00 Times Like These Pensacola 10.30-11.00am Life in the Word

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports every half hour, plus: 2.19am Boarding Pass 5.19am South Africa Report

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 7.00 The Record 7.30 Select Committees 9.30 House of Commons 3.00pm House of Lords 11.00 The Record 11.30-12midnight The Point

THE HISTORY CHANNEL
WORLD PACK

12noon The Marvel of Roman Roads 12.55pm Photos for the Future 1.00 Edward Windsor Presents...
Harwich and Colchester
1.30 Richard the Lionheart
2.00 Biography
Ayatollah Khomeini
3.00 World War I
The Promised Lands
3.30 Men in Crisis
Roosevelt Vs Isolation
4.00 Clash of Wings
5.00 Bombs
6.00 The Search for Shangri-La
6.55 Photos for the Future
7.00 Edward Windsor Presents...
Bury St Edmunds
7.30 Robin Hood
8.00 Biography
Baby Face Nelson
9.00 World War I
The Tide Turns
9.30-10.00pm Men in Crisis
Castro Vs Batista

TV TRAVEL SHOP
BONUS CHANNEL

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QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 5.00pm.

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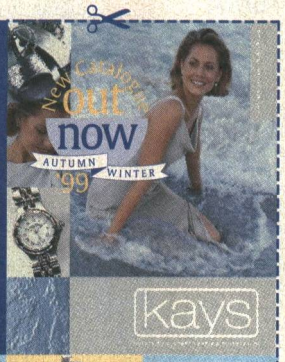

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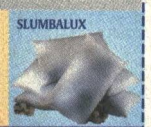

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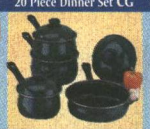

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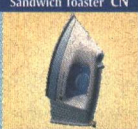
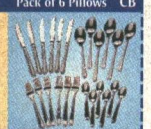


Steam/Spray Iron CE



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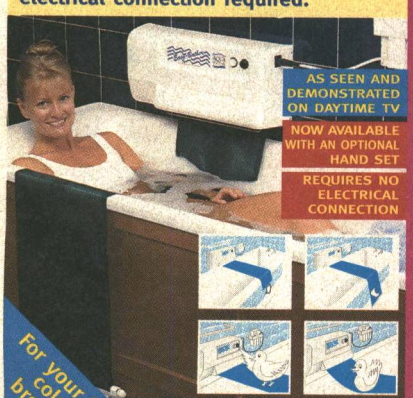

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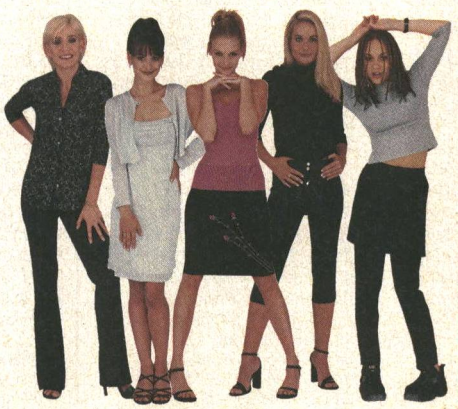

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BIBA GAS Sasperilla

Saturday 31 July

SKY PREMIER
PREMIUM CHANNEL

6.00am Places in the Heart
1984, rating Sky PG, 107 mins
8.00 Picture Perfect
Text *1995, rating Sky U, 87 mins*
10.00 Dragonheart
12noon Prince Valiant
1998, rating Sky PG, 88 mins
2.00pm Places in the Heart
Sally Field, John Malkovich, Danny Glover, Lindsay Crouse, Ed Harris
Moving drama about a woman left on her own to bring up a family and manage her farm. She is joined by an itinerant worker and a blind lodger who not only help out but also increase her responsibility. *1984, rating Sky PG, 107 mins*

4.00 Dragonheart
Dennis Quaid, David Thewlis, Pete Postlethwaite, voice of Sean Connery, Dina Meyer
Fantasy adventure. After slaying dragons for 12 years, a knight faces the last remaining dragon, but he has met his match. The unlikely pair team up to help each other to restore the Old Code of truth and honour. *1996, rating Sky PG, 99 mins*

6.00 Prince Valiant
Stephen Moyer, Edward Fox, Katherine Heigl, Joanna Lumley
Adventure about a young squire who masquerades as a knight and convinces King Arthur to send him on dangerous, but exciting missions, after the Vikings steal the legendary sword Excalibur. *1998, rating Sky U, 88 mins*
7.30 p:review

8.00 Dante's Peak
Pierce Brosnan, Linda Hamilton, Charles Hallahan, Grant Heslov
Disaster movie. A volcanologist working for the US Geological Survey has been predicting that the town of Dante's Peak is about to experience a catastrophe. But convincing the local townsfolk that there is a problem is quite another matter. Text *1997, rating Sky 12, 104 mins*

10.00 Boogie Nights
Mark Wahlberg, Burt Reynolds, Julianne Moore, Heather Graham
PREMIERE Drama. A successful porn film producer discovers a talented – and spectacularly-endowed – young man whom he adds to his ensemble. However, as the Seventies merge into the Eighties, the darker side of the industry comes to the fore. Text *1997, rating Sky 18, 149 mins*

12.35am
Night Falls on Manhattan
Andy Garcia, Richard Dreyfuss,
Text *1997, rating Sky 15, 108 mins*
2.30 Moll Flanders
Robin Wright, Morgan Freeman,
Text *1996, rating Sky 12, 118 mins*
4.35-6.15am Picture Perfect
Text *1995, rating Sky U, 87 mins*

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am
Action Heroes: Nicolas Cage
6.30
Movie Magic: Cities Under Siege
7.00 See You in the Morning
1989, rating Sky PG, 114 mins
9.00 Kingdom of the Spiders
1977, rating Sky PG, 91 mins
11.00 Steel
Text *1997, rating Sky PG, 93 mins*
1.00pm Friendship's Field
1996, rating Sky U, 84 mins

3.00
See You in the Morning
Jeff Bridges, Drew Barrymore, Farrah Fawcett, Lukas Haas, Alice Krige, Frances Sternhagen, David Dukes, Theodore Bikel
Drama about a psychiatrist who must contend with two difficult step-children when he remarries after his first marriage to a model breaks up. *1989, rating Sky PG, 114 mins*

5.00
Kingdom of the Spiders
William Shatner, Tiffany Bolling, Woody Strode, Lieux Dressler
Drama. When a mob of angry tarantulas goes on the rampage in a small town in Arizona, a specialist vet must use all his knowledge to protect the townspeople trapped in the local hotel. *1977, rating Sky PG, 91 mins*

7.00 Steel
Shaquille O'Neal, Annabeth Gish, Judd Nelson, Richard Roundtree
Action adventure in which a former weapons designer leaves the army when his non-lethal weapons are mothballed. After seeing his munitions used on the streets of Los Angeles, he sets out to remedy the problem by disarming the gangs. Text *1997, rating Sky PG, 93 mins*

9.00 The Trigger Effect
Kyle MacLachlan, Elisabeth Shue, Dermot Mulroney
Thriller about a suburban couple whose life is thrown into turmoil following a black-out which paralyses the city for days. With a sick child and armed looters on the rampage, the family decides to leave town in search of a safer environment. Text *1996, rating Sky 15, 91 mins*

11.00 The Blackout
Matthew Modine, Beatrice Dalle,
PREMIERE Drama about a movie star who turns to drink and drugs in a bid to cope with the pressures of fame. *1997, rating Sky 18, 94 mins*
12.40am Salvador
James Woods, James Belushi
1986, rating Sky 18, 117 mins
2.50 L' Appartement
Vincent Cassel, Sandrine Kiberlain
Widescreen, Last Play *1995, rating Sky 15, 112 mins*
4.50-6.30am Friendship's Field
1996, rating Sky U, 84 mins

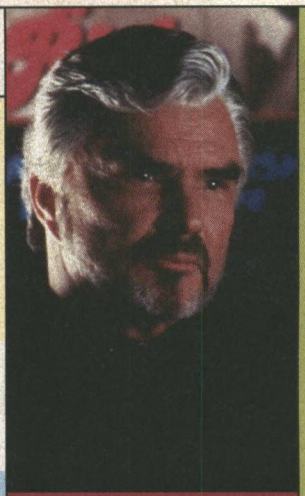
SKY CINEMA
PREMIUM CHANNEL

11.00am Big Jim McLain
John Wayne, James Arness
1952, rating Sky U, 86 mins
1.00pm Terror by Night
Basil Rathbone, Nigel Bruce
1946, rating Sky U, 57 mins
2.00
The Absent-Minded Professor
Fred MacMurray, Nancy Olson, Keenan Wynn, Tommy Kirk
The inspiration for the Robin Williams movie *Flubber*, this comedy stars Fred MacMurray as an inventor who perfects a flying rubber substance that enables objects to bounce to incredible heights. *1961, rating Sky U, 92 mins*

4.00 Wild River
Montgomery Clift, Lee Remick, Jo Van Fleet, James Westerfield, Jay C Flippen, Albert Salmi
Drama about a government official who must coax locals out of their valley in Tennessee before it is flooded. However, one elderly resident refuses to move. *1960, rating Sky PG, 105 mins*

6.00 Big Jim Mclain
John Wayne, Nancy Olson, James Arness, Alan Napier
Spy drama, based on the activities of the McCarthyite witch-hunt, about a Hawaii-based agent who sets out in pursuit of some international terrorists. *1952, rating Sky U, 86 mins*
7.30 The Greatest Show on Earth
Betty Hutton, Charlton Heston, Cornel Wilde, Dorothy Lamour
Lavish drama set within a large-scale circus, following the triumphs and tragedies of the assorted characters who call the big top their home. In the ring two trapeze artists battle for supremacy, while organised crime tries to get a hold on the concessions. *1952, rating Sky PG, 146 mins*

10.00 The Color Purple
Whoopi Goldberg, Danny Glover, Margaret Avery, Oprah Winfrey, Willard Pugh, Akosua Busia
Moving drama about a young black woman living in America's rural South during the early part of the century, who must struggle through the hardships meted out to her by family and husband in order to find the happiness which she deserves, and that has long been denied her. Text *1985, rating Sky 15, 147 mins*
12.35am Big Bounce
Ryan O'Neal, Van Heflin
1969, rating Sky PG, 98 mins
2.20 The Man Behind the Gun
1952, rating Sky 12, 79 mins
3.45-5.20am
The Absent-Minded Professor
1961, rating Sky U, 92 mins



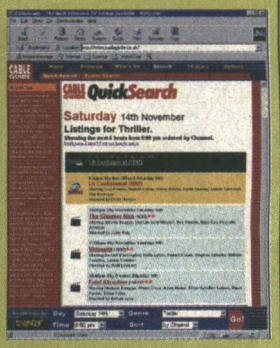
Burt Reynolds plays a pornography director in the premiere of 'Boogie Nights'. Sky Premier 10.00pm

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm The Hill
Sean Connery, Harry Andrews, Ian Bannen, Ian Hendry
Powerful drama about a group of prisoners in a North African military camp who are subjected to a harrowing regime by a sadistic sergeant. The men are forced to run up and down a sandy hill under the hot sun with full equipment; but when one of the prisoners drops dead of exhaustion, the other men mutiny. *1965, 124 mins*
11.30 Shaft
Richard Roundtree, Moses Gunn
Thriller. Hired to locate the kidnapped daughter of a Harlem gangster, Shaft has to infiltrate the mob and cope with racial prejudice. *1971, 101 mins*
1.30am To Trap a Spy
Robert Vaughn, David McCallum
Spy thriller. *1966, 89 mins*
3.15-5.00am The Best House in London
David Hemmings, Joanna Pettet
Comedy. *1968, 93 mins*



WANT TO KNOW WHICH PIERCE BROSNAN MOVIES ARE ON THIS MONTH? OUR NEW ONLINE TV LISTINGS GUIDE WILL TELL YOU!

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FILMFOUR
ADD-ON CHANNEL

6.00pm
P'tang, Yang, Kipperbang
John Albasiny, Abigail Cruttenden, Alison Steadman, Frances Ruffelle, John Arlott
Romantic comedy drama based on Jack Rosenthal's childhood memories of the summer of 1948. *1982, 77 mins*

8.00 The Right Stuff
Sam Shepard, Scott Glenn, Ed Harris, Dennis Quaid, Barbara Hershey, Kim Stanley
Drama. Philip Kaufman's epic film traces the American space race, from the breaking of the sound barrier in the 1940s to the first manned space missions. Along the way, he concentrates on the men, mavericks at the last frontier now that the Wild West has been tamed, who are prepared to face death just for the adventure. *1983, 185 mins*

11.15 Dark Star
Dan O'Bannon
Sci-fi comedy following the trials of some spaced-out astronauts on a long-haul mission. *1974, 83 mins*

1.05am Cheech and Chong's Nice Dreams
Cheech Marin, Tommy Chong
Comedy. *1981, 84 mins*
2.35 Super Grass
2.50-5.15am The Doors
Val Kilmer, Kyle MacLachlan, Kevin Dillon, Meg Ryan
Biopic. *1991, 135 mins*

SKY box office

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Sky Box Office 2
Channel 52
LOST IN SPACE
High-energy space adventure. The earth is dying and one man volunteers to travel with his family into space in order to inhabit an alternative planet, yet they soon become lost. Stars William Hurt and Matt LeBlanc.
1997, Sky PG, 124 mins
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm, 11.30pm and 2.00am

Sky Box Office 3
Channel 53
SIX DAYS, SEVEN NIGHTS
Romantic adventure in which a hard-boiled magazine editor becomes stranded on a desert island with a grouchy pilot. Stars Harrison Ford and Anne Heche.
1998, Sky 12, 98 mins
PLAYS AT 6.00am, 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am and 4.00am

Sky Box Office 4
Channel 54
THE OBJECT OF MY AFFECTION
Romantic comedy about a young woman who, on discovering she is pregnant, persuades her homosexual flatmate to take on the role of husband and father in a union based on friendship alone. Stars Jennifer Aniston, Paul Rudd, Kali Rocha and Lena Cardwell.
1998, Sky 15, 107 mins
PLAYS AT 8.00pm, 10.00pm and 4.00am

See pages 18 and 19 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Saturday 31 July

SKY ONE
ACTION/ SELECTION PACKS

7.00am Garfield and Friends
7.30 Superhuman Samurai Syber Squad 8.00 The Simpsons Text
8.30 Pokémon 9.00 Godzilla
9.30 Shadow Raiders 10.00 Adventures of Sinbad 11.00 World Wrestling Federation – Live Wire 12noon World Wrestling Federation – Shotgun 1.00pm Pacific Blue 2.00 America's Dumbest Criminals Text
2.30 Pokémon

3.00 Godzilla
All-out lizard action.
3.30 Shadow Raiders
Rock And Ruin
Jade returns to Rock to try to bring Montel into the Alliance.
4.00 Star Trek: Deep Space Nine
Rapture
Sisko is plagued by life-threatening visions that may hold the key to Bajor's future. Text
5.00 Star Trek: Voyager
Emanations
Harry Kim is caught up in a subspace vacuole and transported to the homeworld of the Uhnori people. Text
6.00 Early Edition
Jenny Sloane
Gary's efforts to help a dying boy expose a newspaper columnist's fraud. Guest starring Robyn Lively as Jenny.
7.00 Hercules: The Legendary Journeys
For Those Of You Just Joining Us
Kevin Sorbo and the crew go on a Corporate Retreat.
8.00 Man Against Nature
This special features first hand encounters with floods, fires, tornadoes and other incredible natural disasters. These are no actors and no re-enactments.
9.00 Feature

10.00 Feature

11.00 Feature

12midnight Showbiz Weekly
Coming weekly from London's trendiest hot spot. Text
12.30am Malibu Shores
The Road Not Taken Text
1.30 The Extraordinary
This week's features include the story of a woman who married the Devil.
2.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Angels
Soap set in St Angela's Hospital.
7.30 Neighbours Omnibus
9.25 Dallas Omnibus
12.10pm EastEnders Omnibus
Dot fears the launderette has been broken into. Clyde and Hattie fear Lloyd is up to no good. Frank makes Dot an offer she can't refuse. The Taverniers have some difficult decisions to make. Life and death decisions are made by the Fowlers.

3.00 The Bill Omnibus
A look back at this week's action. Cheif Inspector Cato takes to the road when some expensive stolen vehicles turn up at Sun Hill. DI Sally Johnston makes a promise – a promise that drug dealers and pimps and a vunerable child might prevent her from keeping. Stamp and Jarvis go on the trail of a man who is attacking prostitutes while Ackland and Bostock uncover a student nurse's novel method of raising funds.
5.20 To the Manor Born

6.00
FILM: Lover Come Back
Rock Hudson, Doris Day, Tony Randall, Edie Adams.
Romantic comedy about an ambitious advertising executive who is determined to win an account from her rival – not knowing that he has fabricated a non-existent product. Perhaps the best of the films made by its two principals. *1961*
8.00 Bread
Carla Lane's Liverpudlian sitcom about the the Boswells, a family of loveable rogues. With Jean Boht and Peter Howitt.
8.40 The Detectives
Sacked
9.20 Carrott's Commercial Breakdown 3
Another caustic eye over the world's weird and wonderful TV ads, including the stripper with smelly feet and the world's only commercial for rhino dung.
10.20 Shooting Stars
Vic Reeves and Bob Mortimer host the quiz show. With Mark Lamarr and Ulrika Jonsson.
11.00 Bottom
Christmas festivities take an unexpected turn when Spudgun and Hedgehog turn up for dinner.
11.40 Monty Python's Flying Circus
Seminal comedy sketch show.
12.20am FILM: Taggart the Movie: Double Jeopardy
Mark McManus, James Macpherson, Iain Anders
1.55 Dad's Army
3.00-7.00am
Shopping with Screenshop

LIVING
LIFESTYLE PACK

6.00am Ready, Steady, Cook
6.30 Through the Keyhole
7.00 Tiny Living
8.50 Practical Parenting
9.00 Ready, Steady, Cook
9.30 TV Dinners
10.00 Entertainment Now!
10.15 Home and Away
12.30pm FILM: The Setting Son
Will Schaub, Dave Oliver
Emotional family saga *1998*
2.20
FILM: Other Women's Children
Melanie Mayron, Geraint Wyn Davies, Ja'net Du Bois, Mykelti Williamson
When Amelia Stewart's son Alex is taken ill, she is forced to confront a difficult dilemma. *1993*
4.10 Fashion Emergency
Makeover show in which supermodel Emme and her team help ordinary people with unusual style dilemmas.
4.40
Maury Povich Double Bill
Compelling and personal talk show dealing with emotional conflicts, hosted by veteran broadcast journalist Maury Povich.

6.20
Michael Cole Double Bill
No-holds-barred talk show in which host Michael Cole tackles sensational subjects with a studio audience.

8.00 Change of Heart
Chris Jagger hosts a dating show with a difference.
8.30 The Dating Game
Guests must choose between looks and personality.
9.00 Jerry Springer Uncut
Double bill of the outrageous American talk show in which Jerry Springer and his guests engage in lively - and sometimes heated - discussion about relationship issues.
10.45 Sex Bites
Erotica, fetishes, sex toys and more. Sexy entertainment with Katrina Buchanan and guests.

11.00-12midnight Passion
Steamy tales of passion and romance in this erotic drama for women.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am Mission: Impossible
7.00 Plus on Plus
7.30 Cannon and Ball Show
8.00 Doctor at Sea
8.30 Supersonic
9.00 The Avengers
10.00 The Persuaders
11.00 Hawaii Five-O
12noon Second Thoughts
12.30pm Plus on Plus
1.00 Mission: Impossible
2.00 The Return of the Saint

3.00
The Darling Buds of May
Le Grande Weekend
Ma Larkin wins a holiday for two in Paris, the most romantic city in the world.
4.00 The Love Boat
Identical Problem
A pair of twins pretend to be one person, an old flame of Julie's resurfaces and an elderly couple threaten to put a jinx on the boat.
5.00 The Persuaders
The Long Goodbye
When three attractive girls all lay claim to the same identity, two are obviously imposters. With Tony Curtis and Roger Moore.
6.00 The Benny Hill Show
Comedy icon Benny Hill in a series of hilarious sketches, featuring a host of quirky characters, guest stars and a bevy of beauties.
7.00 The Avengers
The Interrogators
Enemy agents turn a dentist's office into a torture chamber for extracting the most painful secrets. With Christopher Lee.
8.00
The Darling Buds of May
Le Grande Weekend
When Ma Larkin wins a holiday for two in Paris, the most romantic city in the world.
9.00 An Audience with Billy Connolly
Scotland's wildest export descends on London.

10.00-11.00pm
The Benny Hill Show

GRANADA MEN & MOTORS
ACTION PACK

11.00pm V.P.L.
Alternative fashion programme, presented by Francine Lewis.
11.30 The Hot House
Late-night show.

12midnight
Jo Guest's Private Parts
Tonight Jo Guest interviews the owner of a strip club and 'sexpert' Grub tackles viewers' dilemmas.
12.30am Bigger Battling Babes
1.00 Real Sex
1.30-2.00am
A User's Guide to Style

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am PB and J Otter 6.30 New Adventures of Winnie the Pooh 7.00 Bite Size 7.20 Bear in the Big Blue House 7.45 Dinosaurs 8.15 Honey, I Shrunk the Kids: TV Show 9.00 Double Art Attack 9.35 Disney's Hercules: The TV Show 10.00 Doug 10.30 Recess 10.45 Pepper Ann 11.00 Smart Guy 11.30 Teen Angel 12noon Boy Meets World 12.30pm Thunderstone 1.00 Dinosaurs 1.30 Disney on Demand

3.00 The Little Mermaid
Undersea adventures of the beautiful mermaid Ariel. Text
3.30 Goof Troop
Goofy fans watch out – the superstar's gone mad. Text
4.00 101 Dalmatians
Our Own Digs / Goose Pimples
The pups want a secret hideout, and choose a hay bale. Text
4.30
Hercules: The TV Show
Hercules and the Hero of Athens
5.15 Pepper Ann
Pepper Ann wants to be cool at all costs – but her family seems determined to thwart her. Text
5.30 Teen Angel Text
6.00 Smart Guy
TJ's a smart kid who's put into tenth grade. Text
6.30 Boy Meets World
City Slackers
Cory and Shawn take a trip. Text
7.00 FILM: Popeye
Robin Williams, Shelly Duvall, Ray Walston, Paul Dooley
One of the world's best-loved cartoon creations, spinach-eating sailor Popeye is brought to real life and the big screen in this enjoyable family film. *1980* Text
8.35 Honey, I Shrunk the Kids: TV Show Text
Honey, They Call Me The Space Cowboy
The Time Hopper takes the family back to 1864 for a picnic.
9.15 Great African Wildlife Rescue
9.40 Dinosaurs Text
Comedy full of Jurassic laughs.
10.05 Home Improvement
DIY sitcom. Text
11.00 Flipper Text
11.45-12midnight Classic Toon

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions.

SATURDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

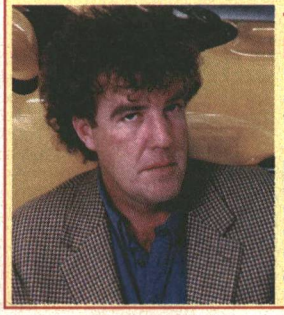
FILM

Boogie Nights
Sky Premier 10.00pm
Loosely based on the life of tragic porn actor John Holmes, this premiere charts the career of pseudonymous sex movie star Dirk Diggler (a revelatory Mark Wahlberg), from the golden age of the big budget adult movies of the Seventies to their demise at the advent of video.

GENERAL

Early Edition
Sky One 6.00pm
A bit of *Quantum Leap* with a dash of *The Time Tunnel* thrown in, this is consistently enjoyable, thanks to a warm portrayal of the lead character by Kyle Chandler. He gets an early copy of the next day's paper full of news that hasn't happened yet and must decide what to next ...

ADVERTISEMENT UK HORIZONS



TOP GEAR GTI DAY FROM 3.00PM
Celebrating the 21st anniversary of Britain's favourite car show, UK Horizons is devoting a day of programming to *Top Gear*. Look over some of the best moments with the premiere of an exclusive series, *Top Gear* ex-files which features original presenters Angela Rippon and Noel Edmonds.

Saturday 31 July

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING

7.30am Swimming – LIVE
9.00 Athletics
10.45 Superbike – LIVE
12noon Swimming – LIVE
Coverage of the European Championships in Istanbul.
1.00pm Swimming
Coverage of the European Championships in Istanbul, Turkey.
1.45 Formula 3000 – LIVE
Coverage of the FIA Formula 3000 International Championship all the way from Hockenheim.

3.00 PM

3.30 Tennis
Action from the ATP Tournament held in Kitzbühel, Austria.

4.00 PM

5.00 PM

5.30 Swimming
More highlights of the European Championships from Istanbul.

6.00 PM

6.30
Swimming – LIVE
More stroke-by-stroke coverage of the European Championships in Istanbul.

7.00 PM

7.30 Swimming
Coverage of the European Championships in Istanbul.

8.00 PM

8.00 Tennis – LIVE
Direct action from the WTA Tournament in Stanford, USA.

9.00 PM

9.30 Tennis
Action from earlier in the ATP Tournament in Kitzbühel, Austria.

10.00 PM

10.00 Swimming
More highlights of the European Championships from Istanbul.

11.00 PM

11.00 Formula 3000
Coverage of the FIA Formula 3000 International Championship in Hockenheim, Germany.

12.00 NIGHT TIME

12midnight-1.00am Boxing
Programme featuring a great international boxing contest.

SKY SPORTS 1
PREMIUM CHANNEL

6.00am Super League
7.00 Sky Sports Centre
7.30 Extreme Sailing
8.00 Racing News
8.30
Australian Rugby League
10.30 Cricket: England U19 v Australia U19 – LIVE
2.15pm Gillette World Sport Special
2.45 Cricket: England U19 v Australia U19 – LIVE
Ball-by-ball action from the second session of the day as Mike Gatting's young under-19 cricketers take on their Australian counterparts in the second One Day International.

6.30 Bobby Charlton's Football Scrapbook
Each week a different football great joins Bobby Charlton and Dickie Davies to look back at some of the key matches in his career.

8.00 Euro Tour Golf: Smurfit European Open
Highlights from day two of the Smurfit European Open at The K Club in Dublin, Ireland. This competition features the cream of the European golfing circuit including defending champion Mattias Gronberg.

10.00 Saturday Fight Night – LIVE
Paul Dempsey presents the action from a clash between two of today's finest fighters. Ringside analysis and commentary comes from Glenn McCrory and Ian Darke.

12midnight Euro Tour Golf: Smurfit European Open
2.00am Saturday Fight Night 4.00 Superbikes: Superbikes-Europe Qualifying - Highlights
5.00 Gillette World Sport Special
5.30-6.00am Extreme Sailing

SKY SPORTS 2
PREMIUM CHANNEL

6.00am Sports Unlimited
7.00 Aerobics Oz Style
7.30 Racing News
8.00 Sky Sports Centre
8.30 Gillette World Sport Special
9.00 Soccer AM
12noon
Australian Rules Football
Hard-hitting action.
2.00pm Extreme Sailing
2.30 Moto-Plus

3.00
Superbikes: Europe Qualifying – LIVE
Keith Huewen presents action from the qualifying sessions in the European leg of the World Superbike Championship. The choice of Brands Hatch as the venue for this year's race ensures Carl Fogarty, will get a hero's reception.

5.00
Irish Motor Sport
Irish motoring action.
5.30 Max Power
Featuring material from around the world.

6.30 Baseball Max
Hip, fast-paced show covers every aspect of the game from player profiles to the sport's history.

7.00 Darts: World Matchplay Final – LIVE
Action from the final of the PDC World Matchplay. Jeff Stelling and Sid Waddell bring you all the action from one of the showcase events in the darts calendar. Flamboyant Essex star, and current world number one, Rod Harrington, edged out local man Ronnie Baxter in a classic final last year.

10.00 Ford Golf USA: Canon Greater Hartford Open
Action from the third day of the 1999 Canon Greater Hartford Open at TPC at River Highlands where a prize purse of $2million is at stake. Last year Olin Browne claimed his first Tour title in this competition.
12midnight
Major League Baseball
3.00am
Ford Golf USA: Canon Greater Hartford Open
5.00 Motor Racing: Legends Cars
5.30-6.00am
Irish Motor Sport

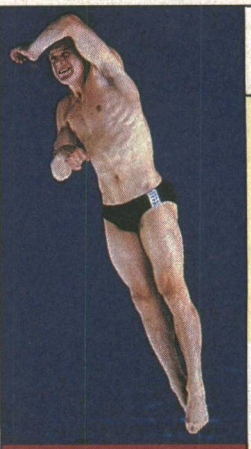
SKY SPORTS 3
PREMIUM CHANNEL

10.30am
Euro Tour Golf: Smurfit European Open – LIVE
Action from the second day's play in the Smurfit European Open.
1.30pm Max Power
Featuring material from around the world, including both two and four wheel motorsport.
2.30 Baseball Max

3.00 Euro Tour Golf: Smurfit European Open – LIVE
Further action from the crucial second day's play in the Smurfit European Open. Mathias Grönberg won the event at the K Club in Dublin in 1998.

6.00
The Winning Post: Hamilton/ Market Rasen – LIVE
Jeff Stelling presents the horse racing action from the meetings at Hamilton and Market Rasen.
7.30 Speedway: Great Britain Grand Prix – LIVE
Coverage from the Great Britain Speedway Grand Prix. A capacity crowd welcomes the world's best riders to the Brandon Stadium in Coventry. Thrills and spills are guaranteed if last year's race is anything to go by. Australian showman Jason Crump roared to victory, edging out world number two Jimmy Nilson.

10.00 Motor Racing: Legends Cars
Action from Brands Hatch.
10.30 Superbikes: Europe Qualifying
Action from the qualifying session in the European leg of the World Superbikes Championship.
11.30-midnight Baseball Max
Fast-paced show.



Diver Dmitri Sautin aims for gold at the European Championships in Istanbul. Eurosport 7.30am, 12noon, 6.30pm – Live

MUTV
ADD-ON CHANNEL

6.00pm Watch This If You Love Man-U!
Pre-season chat from the men in the know, including squad members, celebrity guests and past stars.
7.00
Junior Masterfan
Under 16s compete to be Junior Masterfan.
7.30
Reds on the Green
8.00 Red Hot News
All the latest developments from Old Trafford.
8.30 Super Match – Vintage Reds
A look back back at a great game from United's illustrious history.
9.25 Red Hot Update
9.30 Did You See...?
Programme showing all the best bits from the week on MUTV.

10.30 Red Hot News
All the latest developments from one of the world's biggest football clubs.
11.00-12midnight Mad About United
United fans from across the nation discuss the reasons why they love the Reds.

SCI-FI
ACTION PACK

7.30am Cybernet 8.00 The Flash 9.00 The Ray Bradbury Theatre
9.30 New Alfred Hitchcock
10.00 The Twilight Zone
10.30 The Twilight Zone
11.00 The Incredible Hulk
12noon-1.00pm Project UFO 12noon *The Nevada Desert Incident* 1.00pm *The Forest City Incident* 2.00 *The Desert Springs Incident*

3.00 *The French Incident*
When the son of an envoy is abducted by a flying saucer, the team investigates.

4.00
The Waterford Incident
A boys' military school becomes enveloped in a web-like substance by an unidentified flying object.
5.00 FILM: Empire of the Ants
Joan Collins, Robert Lansing
A group of real-estate developers are menaced by a swarm of killer ants that have grown to giant size after being exposed to radiation. *1977*
6.40
Sci-Focus Special
7.00 The Flash
Be My Baby
The adventures of the police scientist, made the fastest man alive by a freak accident.
8.00
FILM: Ghostbusters II
Bill Murray, Dan Aykroyd, Sigourney Weaver, Harold Ramis, Rick Moranis
The Ghostbusters are back in action when they are called upon in order to save New York City from being consumed by an evil demonic spirit possessing artwork. *1989*
10.00
FILM: Ghost Story
Fred Astaire, Douglas Fairbanks Jnr, Melvyn Douglas
Four elderly gentlemen, members of an informal social club, share a terrible secret buried deep in their pasts – a secret that comes back to haunt them to death. *1981*
12midnight The Hunger
But at My Back I Always Hear
12.30am The Hunger
Footsteps
1.00 Mystery Science Theatre 3000
Terror from the Year 5000
3.00-4.00am Dark Shadows

LIVE EUROPEAN CHAMPIONSHIPS
EUROSPORT 7.30AM, 12NOON, 6.30PM

The European Swimming Championships have been taking place in Istanbul this month and the cream of Britain's young talent, including Mark Foster and James Hickman, will be in the thick of it. The Germans and Russians may be the dominant forces in the pool but, with determined young athletes emerging from all over Europe, it could prove to be a championship of upsets. Among the stars will be Russian diver Dmitri Sautin, the current world champion in the 3m springboard event.

ITV2
ACCESS PACK

9.25am CITV2
11.05 Dream Street
11.15 Captain Pugwash
11.25 Wolves, Witches and Giants
11.40 Zzzap!
12noon Captain Simian
12.20pm Zig and Zag
12.35 Rottentrolls
12.45 Crazy Cottage
1.15 Extreme Dinosaurs
Prehistoric fun.
1.40 Drama Special
2.00 Extreme Ghostbusters

2.30
Are You Afraid of the Dark?
2.55 The Ward
3.25 Lavender Castle
3.40 Home and Away
Australian soap.
5.30 Futbol Mundial
Magazine programme that takes a global perspective..
6.00 Taking the Pitch
6.30 Dealer's Choice
7.00 The Locker
Fitness programme.
7.30 The Mix

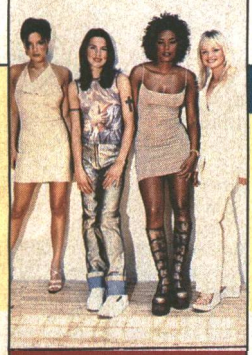
8.30 Maggie Winters
9.00 Wonderful You
10.00 Double Bill
Tuesday's and Thursday's episodes from ITV.
12midnight God's Gift
Presented by Claudia Winkleman.
1.00am
The Haunted Fishtank
Television news, reviews and previews presented by Ed Hall.
1.30-2.00am Videotech

TELEVISION X
ADD-ON CHANNEL

12midnight Preview
12.10am Stripper of the Year 12.20am Omar Show
12.45 FILM: Cashmere
1.00 Five Minute Free View
1.05 FILM continues
2.00 Free View
2.05 Adult Feature
2.30 FILM: Extasy
3.40-4.00am Maria

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

Saturday 31 July



Celebrate girl-power with Posh, Sporty, Scary and Baby in 'Essential Spice Girls'. MTV 7.30pm

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm
The Games Room
5.15 Strike it Lucky
Madcap gameshow.
5.45
The Games Room
6.00 Family Fortunes
Big money gameshow.
6.30
The Games Room
6.40 Candid Camera
Practical jokes played on the general public.
7.15
The Games Room
7.25 Roll with It!
Celebrity gameshow.
7.55
The Crystal Maze
Another team of intrepid adventurers face an eclectic collection of games and challenges, both mental and physical.
9.00
The Games Room
9.15
Karaoke Challenge
9.45
The Games Room
10.00 Endurance UK
British version of the Japanese gameshow.
10.30 The Cooler
Late night quiz hosted by Donna Air.
11.00
Celebrity TV Bloopers
Another trawl through the archives, unearthing celebrities' blunders for your enjoyment.
12midnight Carnal Knowledge 1.00am 3-2-1 2.00 Karaoke Challenge 2.30 Studs 3.00 Simply Irresistible 3.30 Blockbusters 4.00 Say the Word 4.30 Give Us a Clue 5.00-6.00 Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Shopping 7.00 BodyHeat 7.15 BodyHeat 7.30 Proposals 8.00 Agony 8.30 The Fashion Show 9.00 No Tomorrow 9.30 Indecent Proposals 10.00 UWA Wrestling Rampage 11.00 Boys' Toys 11.30 Lie Detector 12noon The Fashion Show 12.30pm No Tomorrow 1.00 Judge Judy 2.00 Lie Detector 2.30 Indecent Proposals

3.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
3.30
Bangers and Smash
Stock car racing action.
4.00
Mis-Match of the Day
Celebrity football challenge.
4.30 Agony
More advice for troubled souls from the straight talking agony aunts.
5.30
Indecent Proposals
Members of the public are paid cash for performing foolish stunts.
6.00 Boys' Toys
The lowdown on the latest hi-tech gadgets.
6.30 No Tomorrow
People choose what to do with their last day on earth.
7.00
The Fashion Show
The latest trends.
7.30 Lie Detector
Deception uncovered using modern methods.
8.00
Bangers and Smash
Stock car racing action.
8.30
Mis-Match of the Day
Celebrity football challenge.
9.00 UWA Wrestling Rampage
A feast for grapple fans featuring all the ringside action from contests around the country.
10.00 Compromising Situations
Erotic drama series from the USA.
10.30 Exotica Erotica
Adults only entertainment.

11.30 Blue Review
11.45 Blue Review
12midnight Compromising Situations 12.30am Strip Masterbrain 12.45 Home Shopping 1.00 Exotica Erotica 2.00 Blue Review 2.30 Boys' Toys 3.00 Agony 3.30 Indecent Proposals 4.00 The Fashion Show 4.30 Agony 5.00 Lie Detector 5.30-6.00am The Why Files

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

9.00am Food Network 9.30 Chez Bruno 10.00 Red Hot 'n' Smokin' 10.30 Food for Thought 11.00 Three Chefs in the Cape 11.30 Turner's Tour of Hong Kong 12noon Food Network 12.30pm Ross on the Range 1.00 Newman Meets 1.30 Red Hot 'n' Smokin' 2.00 The Alex Factor 2.30 Food Network Daily 3.00 Lunch with Ed Baines
Darcey Bussell
3.30 Simply Fish
Coquille St James
4.15-5.00pm
More Simply Antony
Summer
Accessible recipes.

CARLTON SELECT
LIFESTYLE PACK

5.00pm
Food for Thought
Alfresco Food
5.30 Get Smart
Diamonds Are a Spy's Best Friend
6.00 I Spy
Sixties drama series about a pair of laid-back US espionage agents. Starring Bill Cosby and Robert Culp.
7.00
An Inspector Calls
Car Capers
7.30
Birds of a Feather
Substitute
8.00 Peak Practice
Listening Skills
Will's wife seems unconcerned as his financial troubles escalate, but time is running out.
9.00 Fragile Heart
Edgar returns to Britain and finally discovers the inner strength to deal with Nicola. He also attempts to stand up for his own views.
10.00 Wildside
Police drama series set around a group of people who work in a downtown police station and a renegade crisis centre.
11.00
Hill Street Blues
Moon over Uranus – The Sequel
Furillo receives a dressing down from his boss.
12midnight I Spy
Sixties drama series about a pair of laid-back US espionage agents.
1.00am Jenny Eclair's Private Function
Chat and review show.
1.30-2.00am The Screen

ANIMAL PLANET
WORLD PACK

12noon Judge Wapner's Animal Court 12.30pm Judge Wapner's Animal Court
Judge Wapner presides over two-animal related cases.
1.00 Hollywood Safari
On the Run
2.00 Lassie
Mayor for a Day
2.30 Lassie
Sam Dupree

3.00 Animal Doctor
Follow dedicated vets from the RSPCA.
3.30 Animal Doctor
Vets who help those who cannot help themselves.
4.00 Going Wild with Jeff Corwin
With biologist Jeff Corwin.
4.30 Going Wild with Jeff Corwin
Khao Yai, Thailand
5.00 Horse Tales
Cowboy Dreams
Real-life stories of individual horses.
5.30 Horse Tales
Shetland Grand National
6.00 Judge Wapner's Animal Court
Two animal-related cases.
6.30 Judge Wapner's Animal Court
Two animal-related cases.
7.00
Prime-time Primates
NEW A programme narrated by Alan Alda exploring developments in primate research.
8.00 Gorilla, Gorilla
A moving and enchanting story about the relocation of a family of ten gorillas from Holland to their new home at Toronga Zoo.
9.00
Wild Veterinarians
Doctor Chimpanzee
9.30 Return to Paradise – Hideaway for Monkeys NEW
10.00
Nature's Babies
Following the beginnings of life for several different species, from birth to independence.
11.00
Emergency Vets
A look at the work of a busy veterinary practice.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons 9.05 Armada 10.00 Armada 11.00 Armada 12noon Tomorrow's World Plus 1.00pm Mars: Death or Glory? 2.00 Animal Hospital 2.30 Animal Hospital
Animals in need of help.

3.00 Top Gear GTi
Testing the latest models and casting an experienced eye over the hottest motoring news including consumer tips.
4.00 Top Gear GTi
Testing the latest models and casting an experienced eye over the hottest motoring news including consumer tips.
5.00 Top Gear GTi
Testing the latest models and casting an experienced eye over the hottest motoring news including consumer tips.
6.00 Top Gear GTi
Testing the latest models and casting an experienced eye over the hottest motoring news including consumer tips.
7.00
Top Gear Ex-Files
An amusing look back at the 21 years of Britain's most famous car show.
7.30 Top Gear GTi
8.30
Jeremy Clarkson's Motorworld UK
Jeremy Clarkson asks who killed the British car industry.
9.00
Top Gear Ex-Files
9.30
Jeremy Clarkson's Extreme Machines
With Jeremy Clarkson.
10.05 Top Gear GTi
Testing the latest models and casting an experienced eye over the hottest motoring news including consumer tips.
11.05 Top Gear Ex-Files
11.35 Jeremy Clarkson's Motorworld
12.10am-1.00am Top Gear GTi

UK PLAY:
1.00am Lucas and Walliams 1.30 Mark and Lard 2.00 FuturTV 2.30 The BBC New Comedy Awards 3.00 The Sound of Disco 3.30 The Alphabet Show 4.30 Chigley 4.45 Trumpton 5.00 Flatmates 5.30 The Chris Moyles Show 6.00 Funny Noise 6.30-7.00am The UK Top 20

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Home and Garden 7.00 View 7.50 Passions 8.00 Rosemary Conley 8.30 Gardeners' Diary 9.00 Montel Williams 10.00 Intimate Portrait 10.50 Passions 11.00 Perfect Parenting 11.30 Family Recipes 12noon Indoor Garden 12.30pm Cook's Garden 1.00 Home and Garden 2.00 The View

3.00 Home and Garden Livetime
Interior design, DIY and gardening advice, demonstrations and top tips from the experts.
4.00 The Montel Williams Show
Montel's Best of Relationships
Award-winning chat show from the US.
5.00 Intimate Portrait
Donna Mills
A profile of actress Donna Mills, famous for her role in *Knots Landing*.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm Buried in Ash
Paleontologist Mike Voorhies reveals how an enormous volcanic eruption preserved almost-perfect wildlife skeletons.
8.00 Black Widow
A look at the female spider who injects her victims with venom.
8.30 Bear Attack
Survivors' tales of attacks.
9.00
Extreme Science
A look at how the quest to expand scientific knowledge must push the limits of human experience.
10.00
Aconcagua: Two Weeks on a Big Hill
Join eight men as they climb the highest peak in South America.
11.00 Tides of War
Survey the lingering effects of the Persian Gulf War on countless creatures struggling in the wake of this unnatural catastrophe.
12midnight
Lifeboat: Let Not the Deep Swallow Me Up
The personal affairs of many of the lifeboat crew are far from settled.
12.30am-1.00am The Mountain Warriors

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

PLAYBOY/ ADULT CHANNEL
ADD-ON CHANNEL

10.00pm Freeview 10.05 Special: Sex Under Hot Lights 11.15 Sex Guides 12midnight Freeview 12.10am Katie's Fantasies 12.30 Neil Down – Sex Therapist 1.00 FILM: Beauty Captured 2.20 Dungeon Dykes 2.45-4.00am FILM: Freak Dat Booty

Adult Nightview is now available as a TV on-demand service between 10.00pm and 4.00am at £3.95. See channel 50 for details

MTV
MUSIC & GAMES PACK

6.00am Mad 4 Hits 9.00 Bytesize MTV 10.00 European Top 20 12noon News Weekend Edition 12.30pm Say What?? 1.00 Total Request
Compilation of the current top videos on release.
2.00 The Lick R&B Chart Show 3.00 Bytesize MTV
Music soundbites.
4.00 Select MTV 6.00 News Weekend Edition 6.30 MTV Live

7.00 MTV Megamix
A seamless fusion of tunes.
7.30 Essential Spice Girls 8.00 Dance Floor Chart 9.00 Celebrity Deathmatch
Claymation celebrities bash each other up in the ring.
9.30 News Weekend Edition 10.00 Say What?? 11.00 Total Request 12midnight brand:new
Hosted by Zane Lowe.
1.00am Music Mix 3.00 Chill Out Zone 5.00-6.00am Night Videos

VH1
MUSIC & GAMES PACK

6.00am Breakfast in Bed 9.00 Greatest Hits of... 9.30 Talk Music 10.00 Something for the Weekend 11.00 Millennium Classic Years 12noon Ten of the Best 1.00pm Greatest Hits of... 1.30 Pop-Up Video 2.00 American Classic 3.00 Album Chart Show 4.00 Number One Hits 8.00 Disco Party 9.00 Kate and Jono 10.00 Gail Porter's Big 90s 11.00 Spice 12midnight Midnight Special 12.30am Ed Sullivan's Rock 'n' roll Classics 1.00-6.00am Number One Hits

UK STYLE
LIFESTYLE PACK

7.00am Coast to Coast 7.30 Country Tracks 8.00 Tracks 8.30 How Does Your Garden Grow? 9.30 Growing Places 10.00 Gardeners' World 10.30 Antiques Roadshow US 11.30 The Antiques Show 12noon Moving People 12.30pm House in France 1.00 Coast to Coast 1.30 Country Tracks 2.00 Tracks 2.30-3.30pm How Does Your Garden Grow?

UK ARENA
LIFESTYLE PACK

3.00pm Chelsea Hotel 3.55 Arena 100 4.10 Sounds of the Sixties 5.10 Later on... Joni Mitchell and Co 6.00 Arena 100 6.30 The First, the Last, My Everything 7.00 Reviews You Can Use 7.55 Arena People: Joe Meek 8.55 Not Only... But Also... 9.30 Marty 10.05 FILM: Eva 12.15am Later on... Joni Mitchell and Co 1.10 Not Only... But Also... 1.40 Marty 2.00-3.00am Arena People

Saturday 31 July

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00am Potted History 6.30 Top Marques 7.00 Tool Time 7.30 These Four Walls 8.00 Gimme Shelter 8.30 Wood Wizard 9.00 Go Fishing 9.30 Hooked on Fishing 10.00 Rex Hunt's Fishing Adventures 10.30 Our House 11.00 Our House 11.30 The New Yankee Workshop 12noon Cookabout 12.30pm Top Marques 1.00 Doorstep DIY 1.30 Our House Down Under 2.00 Fishing Australia 2.30 Two's Country Caribbean 3.00-4.00pm Time Team

DISCOVERY
WORLD PACK

4.00pm The Great Commanders
Julius Caesar
How Julius Caesar led the Roman army through a decade of conquest.
5.00
War and Civilisation
War Machine
How *blitzkrieg* tactics in World War II pioneered modern battle techniques.
6.00
War and Civilisation
The Price of War
The strategy of combining armies brought victory to the Allies in World War II.
7.00 Black Shirt
The story of a young Italian who joined the Black Shirts, a group of fascists formed after Italy surrendered to the Allies.
8.00 Deep Sea Deep Secrets
The story of the discovery of deep-sea hot springs and the exotic, unique life-forms that live around them.
9.00 Secrets of the Great Wall
NEW An archaeological detective story investigating the world's longest fortification.
10.00
Deadly Experiments
Revealing how human guinea pigs were used in radiation experiments by the British government.
11.00 The Sexual Imperative
From Conception to Birth
What determines whether an animal has just one or many offspring?
12midnight The FBI Files
Deadly Paradise
The discovery of bones on a deserted island leads to a murder trial.
1.00am-2.00am
Weapons of War
Kreigsmarine – The Forgotten Service

CARTOON NETWORK
FAMILY PACK

5.00am Fruitties 5.30 Magic Roundabout 6.00 Tidings 6.30 Blinky Bill 7.00 Flying Rhino Junior High 7.30 Looney Tunes 8.00 Powerpuff Girls 8.30 The Sylvester and Tweety Mysteries 9.00 Dexter's Laboratory 9.30 RTG 10.00 Ed, Edd 'n' Eddy 10.30 I Am Weasel 11.00 Johnny Bravo 11.30 Tom and Jerry 12noon The Flintstones 12.30pm Looney Tunes 1.00 Wacky Races 1.30 Scooby Doo 2.00 Animaniacs 2.30 The Mask

3.00 2 Stupid Dogs
Slow-paced action with the dumb dogs.
3.30 Johnny Bravo
Adventures with the girl-chasing egotist.
4.00
The Sylvester and Tweety Mysteries
4.30
Dexter's Laboratory
Chemical chaos.
5.00 Ed, Edd 'n' Eddy
Adolescent adventures with the three friends.
5.30
Cow and Chicken
Madcap animated antics.
6.00 Freakazoid!
On-line adventures with bizarre antics.
6.30 The Flintstones
Stone Age fun with the inhabitants of Bedrock.
7.00-9.00pm
FILM: The Phantom Tollbooth
Voices of Butch Patrick, Mel Blanc, Daws Butler, Cliff Norton
Animated adventure. A bored boy enters a strange world where letters and numbers are at war with each other. *1969*

Win £25,000 Cash or a Jaguar XK8
Phone the Information Line on
09001 600 210

GMTV2
ACCESS PACK

GMTV2 offers pre-school and lifestyle shows between 6.00am and 9.25am.
Weekdays: The *Newshour* from 6.00am to 7.00am followed by Children's programming, plus *Bodyfile* at 8.50am.
Saturdays: The best of the week plus lifestyle highlights.
Sundays: Children's shows plus current affairs in *The Sunday Programme*.

NICKELODEON
FAMILY PACK

7.00am Jumanji 7.30 Jumanji 8.00 My Brother and Me 8.30 Renford Rejects 9.00 Hey Arnold! 9.30 Hey Arnold! 10.00 Rugrats 10.30 Rugrats 11.00 Clarissa Explains it All 11.30 Clarissa Explains it All 12noon Sister Sister 12.30pm Kenan & Kel 1.00 The Secret World of Alex Mack 1.30 The Adventures of Pete and Pete 2.00 Nickleodeon's Top 20 2.30 Nickleodeon's Top 20

3.00 The Wild Thornberrys
Animal adventures.
3.30 Doug
A day in the life of the daydreaming kid.
4.00 Rugrats
Fun with the over-imaginative toddlers.
4.30 Hey Arnold!
Madcap fun with Arnold and his gang.
5.00 Sabrina The Teenage Witch
5.30 Sabrina The Teenage Witch
6.00 Are You Afraid of the Dark?
6.30-7.00pm Are You Afraid of the Dark?

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Sister Sister
I Do?
Marriage is in the air.
7.30 Jenny
8.00 Desmond's
Barber's shop sitcom.
8.30 Mad About You
Murray's Tale
Lisa loses Murray while walking him.
9.00 Life of Python
The history of the Pythons.
9.30 Parrot Sketch Not Included
Montage of the Python's greatest hits.
10.00
FILM: The Rutles
Eric Idle, Neil Innes, Michael Palin, John Halsey, John Belushi
Spoof documentary about the early Beatles. Charting their rise from the days of playing small clubs in Liverpool and Hamburg, through to their worldwide success. *1978*
1.00am
Morwenna Banks Show
1.30 Still in Bed with MeDinner
2.00 Mad for It
2.30 Nurses
US medical comedy.
3.00 Mork and Mindy
3.30-4.00am Flying Blind

FOX KIDS
FAMILY PACK

6.00am Fantastic Four 6.25 Iron Man 6.50 Silver Surfer 7.15 Beetleborgs Metallix 7.40 Mortal Kombat 8.00 Summer X-Press 8.05 Power Rangers in Space 8.30 Donkey Kong Country 9.00 Dennis and Gnasher 9.30 Ace Ventura 10.00 Goosebumps 10.30 Goosebumps 11.00 Mad Jack the Pirate 11.30 Spy Dogs 12noon Donkey Kong Country or Masked Rider 2.15pm Silver Surfer 2.40 Beetleborgs Metallix

3.05 Mortal Kombat
3.30 Summer X-Press
With Roy and Lisa.
3.35 Spiderman
Adventures with the crime-fighter extraordinaire.
4.00 Oggy and the Cockroaches
4.05 Hero Turtles: The Next Mutation
4.30 Goosebumps
More spooky stories.
5.00
Dennis and Gnasher
Mischievous mayhem.
5.30-7.00pm
FILM: Spiderman – Six Forgotten Warriors
A feature-length adventure for the web-slinging hero.

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Shop! Selection
7.00 Bargain Shop!
7.30 In the Kitchen with Susan Brookes
8.30 Household Solutions
9.30 Junior Sports Store
10.00 Spotlight on Sports
Great offers on equipment for fishing enthusiasts.
11.00 The Gold Collection
Featuring stunning designs in coloured gold.
12noon The Clothes Line
Key fashion looks for a wide range of sizes.
1.00pm Bargain Shop!
Today's great offers at bargain prices.
1.30 Switched On
The best in TV and video for every home.
2.30 6 of the Best
The six top pan sets for every kitchen.
3.00 Global Cuisine
All you need to create perfect Spanish dishes.
4.00 Home Style
More ideas to brighten up your home.
5.00 Shop! Selection
A round-up of the latest best-sellers on Shop!
6.00 The Gold Collection
Featuring stunning designs in coloured gold.
7.00-8.00pm
The Clothes Line

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am News 7.30 Movies 8.00 Weekend 24 9.00 News 10.30 Straight Talk 11.00 News 11.30 Simpson's World 12noon News 12.30pm Seven Days 1.00 News 2.30 Straight Talk 3.00 News 6.30 Scoreline 7.00 News 7.30 Scoreline 8.00 News 8.30 Simpson's World 9.00 News 9.30 Face in the Crowd 10.00 News 10.30 Movies 11.00 News 12.30am Seven Days 1.00 News 2.00 News 2.30 Simpson's World 3.00 News 3.30 Science 4.00 News 4.30 Reporters 5.00 News 5.30-6.00am HARDtalk

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am News 5.30 Europe 6.30 Business 7.30 World Beat 8.30 Sport 9.30 Pinnacle Europe 10.30 Sport 11.30 Your Health 12.30pm Moneyweek 1.00 Report 2.30 Travel Now 3.30 Sport 4.30 Pro Golf 5.00 Larry King 6.30 Fortune 7.30 World Beat 8.30 Style 9.30 Artclub 10.30 Sport 11.00 World View 11.30 Inside Europe 12.30am Your Health 1.00 World Today 1.30 License 2.00 Larry King 3.00 World Today 3.30 Both Sides 4.30-5.00am Evans, Novak, Hunt & Shields

SKY NEWS
NEWS & SPORT PACK

News on the hour, every hour, plus:
6.00am Sunrise
9.30 Showbiz Weekly
10.30 Fashion TV
1.30pm Answer the Question
3.30 Global Village
4.30 Week in Review
7.30 Sportsline
8.30 Answer the Question
9.30 Fox Files
11.30 Sportsline Extra
12.30am Showbiz Weekly
1.30 Fashion TV
2.30 The Book Show
3.30 Week in Review
4.30 Answer the Question
5.30-6.00am Showbiz Weekly

INTERNATIONAL

3SAT 5.50am 7 Tage 6.00 Tele-Akademie 6.45 KunstStreifzüge 7.00 Alpenpanorama 8.00 Zeit im Bild 8.05 Kulturzeit 8.45 ORF 10.30 Vor 30 Jahren 11.15 Rock im Park 12.15pm The Pretenders 1.00 Computershow 1.30 Sulawesi 2.15 Ungeschminkt 2.45 Offen 3.15 Casbah 4.35 Tips and Trends 5.00 Scheintot 5.30 Ausland 6.00 Heute 6.18 Wetter 6.20 Weimarer Tagebuch 7.00 Tagesschau 7.15 Unbestechliche 9.10 Classic Night 10.40 Alex 11.15 Seitenblicke Revue 11.45-12midnight Satire

TV5 5.00am Journal 5.15 Journaux 6.00 Infos 6.05 Bus et Compagnie 7.00 Journal 7.30 Branché 8.00 Infos 8.05 Bus 9.00 Journal 9.15 Faut pas Rêver 10.00 Infos 10.05 Outremers 11.00 Infos 11.05 D: Design 11.30 Journal 12noon Infos 12.05pm Bus 1.00 Journal 1.15 Raisins de la Colère 2.30 Inventions 3.00 Journal 3.15 Questions 3.30 Sport Africa 4.00 Infos 4.05 Reflets 5.00 Journal 5.15 Racines et Ailes 7.00 Journal 7.30 Journal 8.00 Infos 8.05 Thalassa 9.00 Journal 9.15 Vie à L'Endroit 11.00 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Sant Darshan 9.00 Variety Programme 10.30 Interactive Live 12noon News 12.30pm Sansaar 1.00 Pakistan This Week 1.30 FILM 4.00 Edit 4.30 Thekikaat 5.00 Chand Grehan 6.00 Ek Mulaqat 6.30 BPL Oye 7.30 Eurospice 8.00 Junoon 8.30 Mumkin 9.00 FILM 11.30 Court Martial 12midnight Mumkin 12.30am Ek Mulaqat 1.00 FILM 4.30 Junoon 5.00 Grift 6.00 Chand Ghazlien 6.30 News 7.00-7.30am Mehfil

ZEE TV
ADD-ON CHANNEL

6.00am Dillagi 6.30 Shabads 7.00 Faith 7.30 News 8.00 Pakistan Business Week 8.30 Jungle Book 9.00 Mr Gayab 9.30 Entertainment Express 10.00 Up Beat 10.30 Zee Addicts 11.00 Ru-ba-ru 11.30 Khana Khazana 12noon FILM 3.00pm My Choice 4.00 Jaal 5.00 Public Demand 5.30 Rishtey 6.30 Hum Paanch 7.00 Top Ten 8.00 News 8.30 Jaan 9.00 FILM 12midnight News 12.30am Shapath 1.00 Purush Kshetra 2.00 FILM 5.00 Aur Ek Minute 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

5.00am Kenneth Hagen 5.30 Potters House 6.00 Bishop Henry Ferdenandez 6.30 Global Harvest Force 7.00 Jack van Impe Presents 7.30 This is Your Day 8.00 Kids Club 8.30 Feature 9.00 Feature 9.30 Voice of the Covenant 10.00 This Generation 10.30-11.00am In Depth

BLOOMBERG
WORLD PACK

Rolling business news with financial market reports on the half hour plus: 2.15am Press Review 3.49 Clips 5.15am Press Review

BBC PARLIAMENT
NEWS & SPORT PACK

5.30am Select Committees 10.00 Scotland 12noon Parliamentary Coverage 2.00pm PM's Questions 2.30 Hearts and Minds 3.00 Wales 5.00 Parliamentary Coverage 11.30-12midnight Straight Talk

NIGHT TIME

THE HISTORY CHANNEL
WORLD PACK

12noon
The Search for Shangri-La
12.55pm Photos for Future
1.00 Edward Windsor Presents...
Bury St Edmunds
1.30 Robin Hood
2.00 Biography
Baby Face Nelson
3.00 World War I
The Tide Turns
3.30 Men in Crisis
Castro vs Batista
4.00 Baptism of Fire
5.00 The Few
6.00 Guardian of the Sea
7.00 Biography
The Red Baron
Profile of the World War I flying ace Baron von Richtofen.
8.00 Biography
Adolf Hitler
9.00-10.00pm
The Curse of the Hope Diamond

TV TRAVEL SHOP
BONUS CHANNEL

A total travel service in your own home. Video brochures give a guided tour of resorts around the world, with regular bulletins and programmes featuring late holidays and special offers. Viewers can then book holidays 24-hours-a-day, seven-days-a-week, by calling 0870 60 60 747. For more information and full listings turn to Tv Travel Shop Text, from page 200.

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day. Call free phone on 0800-50-40-30 at any time. Today's highlights are Viewers' Choice with Alison at 1.00pm and Signature Gem Collection at 7.00pm.

CABLE CHECK
Some of the channels listed may not be available in your area

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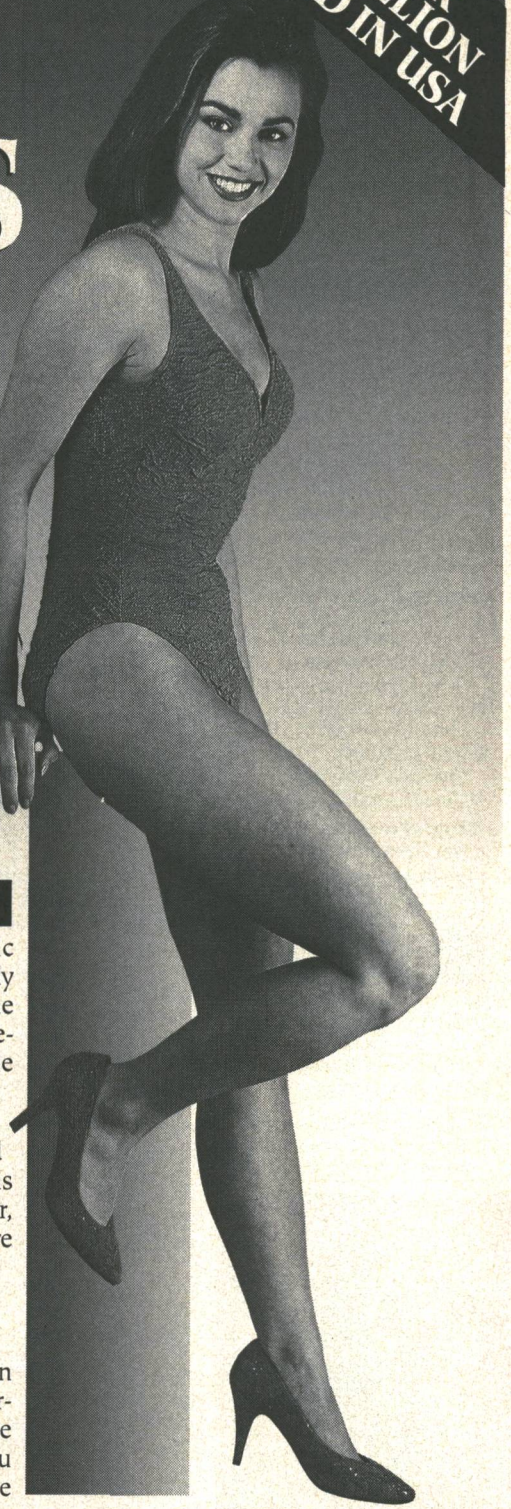
Simply Rub Them Away – With This "Doctor's" Healing Cream!

RUB ON IN MINUTES – SEE UGLY VARICOSE VEINS START TO SHRINK, FADE, DISAPPEAR IN DAYS!

OVER 1 MILLION SOLD IN USA

Just apply "doctor's" new wonder formula and varicose veins SHRINK SHRINK SHRINK AWAY FOR GOOD In Just Weeks!



For years they have been one of the most difficult to solve cosmetic mysteries. Varicose Veins – those webs of fine red and blue lines that cluster on your legs, thighs and even your face. Those horrid crimson 'starbursts' that compel you to wear extra heavy makeup, (in a desperate attempt to mask them) – or often, to resort to trousers or long skirts, to hide them from the world. Not to mention the embarrassment you're forced to endure every time you put on a bathing suit or pair of shorts.

Most distressing of all, until now, the only answer to your problem was either plastic surgery or a long and expensive series of injections! BUT NOT ANY LONGER!

NOW COMES THE "DOCTOR'S" TREATMENT YOU CAN APPLY AT HOME

You see, recently in the United States it was discovered that when natural food extracts rich in vitamin A were combined with heavily concentrated Vitamin K (the same wonder-formula used by plastic surgeons to deter post-operative scarring) – and applied it directly to the skin, it had a remarkable effect on the network of tiny blood vessels that flare up just beneath the surface, (those insidious 'varicose veins'). Even more remarkable, it was found that this wonder formula didn't merely work on existing varicose veins, but actually helped them from spreading out again, solving your problem ONCE AND FOR ALL! It soon replaced injections and surgery and became the standard product for this nasty problem in the States.

Now, this wondrous new vitamin A and K 'shrink away' formula, **'dermA-Klear/M.D.'** is being released to the general public here in the United Kingdom. Which simply means you now have in your hands the solution to this most vexing, appearance-destroying problem. And it's so simple to use.

NOW AVAILABLE TO THE UK PUBLIC

Just apply **'derm-A-Klear/M.D.'** twice daily to any problem area. You should see the results within two weeks. That is all there is to it – your problem is over, and without plastic surgery or expensive injections.

TRY IT FOR 30 DAYS AT OUR EXPENSE, RISK-FREE

Send for **'derm-A-Klear/M.D.'** today. When it arrives apply as directed to any embarrassing varicose veins...then watch a miracle happen before your very eyes. If you are not completely satisfied by the results, simply return the unused portion of **'derm-A-Klear/M.D.'** for a full purchase price refund. You risk nothing, have nothing to lose and a perfectly, blemish-free skin to gain. So, why suffer another embarrassing moment. Take advantage of this NO-RISK opportunity, mail the 30-day trial coupon TODAY!

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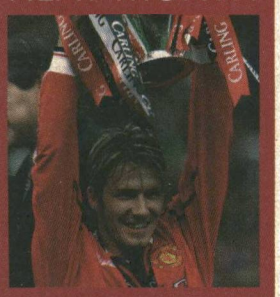
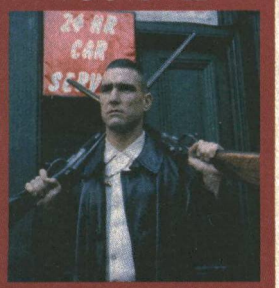
NEXT MONTH



PREMIERSHIP FOOTBALL



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VIEWERS' VIEWS

Our favourite letter will win a fabulous **JVC digital camera** worth **£550!**
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Drop us a line! Write to: The Editor, *Cable Guide*, 172 Tottenham Court Road, London W1P 0JJ.
Email: viewers@cablegde.demon.co.uk

DREAM TICKET

Viewers of Dream Team's *series two finale, shown on Sky One in May, have been writing to* Cable Guide *to express their delight with the nail-biting ending. Harchester United beat Manchester United 2-1 in the FA Cup Final. But who caught the bullet?*

I HAVE followed the superb football drama *Dream Team* since it started and it has been brilliant. The last series had everything. What a finish at the end! I was glued to the TV over the Cup Final episodes and I can't wait for the next series to start. Now I'm hanging on to find out who's been shot. I was delighted that Leon got his just rewards, and the conniving Alex got his comeuppance. Great stuff! Well done to all on the series. Brilliant!

Mr P Quinn
Staffordshire

MY mum and I are complete and utter *Dream Team* fans – the best programme on TV by far. More to the point we are complete and utter Luis Amor Rodriguez fans. We couldn't believe the cliffhanger at the end of the series. Just who got shot? Luis, Mrs Block or even the FA Cup? We haven't felt this excited since we were all left guessing who'd shot JR! I don't think we can cope not knowing what happens. Is there anything you can give away? No, thought not!

Miss S Thomas
Peterborough

ARE there any plans to show the first series of *Dream Team* again? It's a brilliant programme and I'd love another chance to see it!

Jenna Skerritt
e-mail

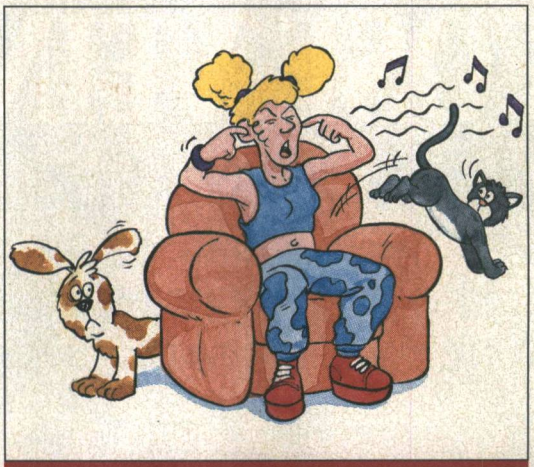
● *You can see repeats of* Dream Team *from series one and two from this month, and Sky One say that series three kicks off in September.*

BACK IN THE DOCK

I HAVE greatly enjoyed watching *When the Boat Comes In* on UK Gold. I saw the series many years ago when it was first shown and it's a treat to renew old acquaintances again after so long.

Claire Simpson
e-mail

● *A UK Gold spokesperson says they are planning to show all four series of* When the Boat Comes In *again later in the year.*



One Sky One viewer suggests you 'stick your fingers in your ears and sing through the commercial breaks'

SAVE THE MYSTERY

I TOTALLY agree with the sentiments from Wayne Hanns [March Viewers' Views] and Andrew Semple [May Viewers' Views] about how excellent and hilarious *Mystery Science Theatre 3000* on Sci-Fi is. Both letters requested information about whether Sci-Fi have bought another season.
Unfortunately, season 10 will be the last ever *MST3K* to be made, due to the US Sci-Fi channel pulling the funding. What's worse is that Sci-Fi Europe probably won't be showing the new season before the contract with *MST3K*'s production company runs out in 2001. Until the end of the contract, Sci-Fi will continue to show repeats of seasons eight and nine from the show. Despite this news, fans from all over the world are fighting to save their favourite show. It deserves to be saved having successfully brought science fiction into the genre of comedy.

Amelia Rayson,
e-mail

● *A spokesman for Sci-Fi responds: 'Sci-Fi are aware and appreciative of the enthusiastic following for MST3K. With this in mind we are currently pursuing the possibility of acquiring episodes of the show new to Europe. However, contractual problems relating to the episodes currently airing need to be resolved before new episodes can be shown.'*

OF PARAMOUNT IMPORTANCE

AS TWO mature, sensible young women, we would just like to say on behalf of all *Caroline in the City* fans, please would Paramount Comedy Channel start screening the new series. They stopped showing new episodes after the series three finale last year and, as there were no new episodes shown after this, it was reasonable for us to conclude that the show had sadly been cancelled. Having discovered now that there is a new series currently being shown in America, is it so strange for the UK fans to wish to see it too?

Rebecca Fakoussa and
Kimberley Williams (18)
e-mail

● *Unfortunately, spokespersons for both Paramount Comedy Channel and Channel Four say they have no current plans to show the fourth series of* Caroline in the City.

ANIMAL MAGIC

I VERY much enjoyed *Wildlife SOS* shown on Discovery, which ended in April. From the multitude of TV programmes featuring animals, this series, to my mind, shines out from all the rest. The loving care and compassion that Simon Cowell, Christine Barrett, Malcolm Thompson and the team offer all their charges is simply a joy to behold. The way they talk to the animals in such an endearing way, with a touch of 'Johnny Morris' thrown in, is utterly charming. Watching Simon kiss a young gull as he released it, said it all. Such absolute dedication to the care of animals is so refreshing in our seemingly cruel world. This rescue centre, and others like it, deserve all the publicity they can get. I do hope there are plans for a further series.

Jacqui Greathurst
Bristol

● *A Spokesperson from Discovery Channel says a third series of* Wildlife SOS *is planned for the autumn. And congratulations, Jacqui, you've won our prize for best letter!*

'Viewers' Views' may be edited for length.

ADVERTISING THE FACT

DURING the football season I adored watching Sky One's brilliant *Dream Team*, and the new series of *Friends* is a comedy blessing. But why do Sky One have to ruin such brilliant programmes with their revealing adverts? These types of series are kept alive by suspense and the thrill of the unexpected. I have had the best parts of programmes ruined by clips on TV: Chandler's proposal to Monica, Leon Richard's goal in the semi-final ... the list goes on. My advice to other *Cable Guide* readers who find this very annoying is to stick your fingers in your ears and sing through all the commercial breaks. You may look and sound ridiculous, but at least there would be some suspense to your favourite programmes.

Charlotte Adams (15)
e-mail

GET A GRIP

I COMPLETELY disagree with Mrs Ruth McGrath's letter (June Viewers' Views). WWF wrestling is definitely not becoming 'rather stale' or losing its popularity. I believe it is as popular as ever and twice as exciting. Sky One and Sky Sports are doing a great job by providing viewers with fast, furious and ferocious wrestling action. It is great entertainment. The main wrestling events do get a little heated at times, but that makes it all the more exciting! Parental supervision is advised at these times. I am 16 years old and have watched WWF wrestling nearly all my life. I believe there's just as much ferocity in Olympic wrestling and boxing, as there is in WWF. All my friends agree with me – but my parents don't! So please, Mr McMahon, don't tone it down. Keep the action coming, and I'll remain your greatest fan.

Mason Willis
Portsmouth

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- You can use one for almost anything you like
- Rates reflect your circumstances and loan amount
- For loans of £12,000 and over, our typical rate (the rate more of our customers pay than any other) is **9.9% APR**
- For loans of between £8,000 and £11,999, our typical **APR** is **10.9%**
- For loans of between £5,000 and £7,999, our typical **APR** is **11.9%**
- For loans of between £2,500 and £4,999, our typical **APR** is **12.9%**
- For loans under £2,500, our typical **APR** is **16.9%**
- You can repay over 2, 3, 4 or 5 years
- The interest rate stays fixed over the loan period
- Your repayments are guaranteed to remain the same
- There is no complicated paperwork
- We have no administration fees
- You can apply 24 hours a day - 7 days a week
- No-one beats our commitment to personal service and customer care.

HOW DO I APPLY?

You are welcome to apply for a loan if you:

- do not have any County Court Judgments
- are aged between 22 and 65
- have a bank or building society current account
- are resident in the UK mainland.

Call us free on **0800•2•15000***. We'll ask a few more questions about your home, work, bank or building society, income and outgoings. And we'll usually give you a decision there and then. It's that simple.

WHAT'S A TYPICAL EXAMPLE?

For a loan of £5,000 repayable over 36 months, each monthly repayment would be £164.39. The total amount payable would be £5,918.04. **APR 11.9%.**

For your peace of mind, we offer a Repayment Protection Plan. The 'RPP'** covers your repayments in the event of accident, illness or even redundancy.

SELECTED MONTHLY REPAYMENTS AT OUR TYPICAL APRs						
	AMOUNT	£1000	£3000	£5000	£8000	£12000
	TYPICAL APR	16.9%	12.9%	11.9%	10.9%	9.9%
24 Months	With RPP**	£55.91	£161.23	£266.01	£421.27	£625.38
	Without RPP**	£48.82	£141.49	£233.72	£370.60	£550.84
36 Months	With RPP**	£41.88	£118.39	£194.32	£306.14	£452.08
	Without RPP**	£35.01	£99.92	£164.39	£259.60	£384.26
60 Months	With RPP**	–	£85.09	£138.19	£215.40	£314.64
	Without RPP**	–	£67.02	£109.45	£171.51	£251.88

WHAT DO I DO NEXT?

FOR A LOAN FROM

£800 TO £15,000

SIMPLY CALL

0800•2•15000*

AND QUOTE REFERENCE NO. 472 2252

FOR LOANS, CREDIT CARDS, SAVINGS & INSURANCE SIMPLY CALL

0800•2•15000*

LINES OPEN 24 HOURS A DAY - 7 DAYS A WEEK

*Telephone calls may be monitored/recorded for staff training purposes.

**Lombard Direct represent Lombard Direct Insurance Services Limited (LDIS) who act as an independent intermediary for a number of Insurers under the Association of British Insurers' (ABI) Code of Practice. Repayments with RPP include Insurance Premium Tax (IPT) at the current rate, which may be liable to change.

All information and rates correct at time of going to print. For loans taken out over a period of 48 or 60 months, the amount you borrow should not be less than £2,000. Written quotations are available on request by writing to Lombard Direct, Lombard Bank Limited, Lombard House, 339 Southbury Road, Enfield, Middlesex EN1 1TW. Loans are available to anyone aged 22 to 65 subject to status and conditions. Lombard Direct and the telephone character are registered trademarks.